



## Swim Set 3 - (1700m)

### 1. Warm up

4 x 50m, easy full stroke - 10 seconds recoveries (last 50m slightly faster than the rest)

4 x 50m, pull buoy, breathing every 3 strokes - 20 seconds recoveries

### 2. Main Set

100m

200m

300m

- all sustainably hard pace (RPE 7)

300m

- each with 20 sec recoveries

200m

100m

### 3. Cool Down

100m easy choice of stroke