

Swim Set 4 - (1320m)

1. Warm up

4 x 75m, easy full stroke - 10 seconds recoveries (last 25m slightly faster than the rest)

2. Main Set

3 x 300m hard effort (RPE7)
- each with 20 second recoveries

8 x 25m fast (RPE 8/9)
- each with 40/60 second recoveries

3. Cool Down

100m easy choice of stroke