

Swim Set 5 - (1500m)

1. Warm up

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

2. Main Set

4x 50m at goal race start effort (faster than goal race pace)

- each with 20 second recoveries

3 x 200m hard (RPE 7)

- each with 15 second recoveries

300m steady

4 x 25m fast, focus on technique

3. Cool Down

100m easy choice of stroke