

## **Swim Set 6 - (1550m)**

### **1. Warm up**

4 x 50m, easy full stroke - 10 seconds recoveries (last 25m slightly faster than the rest)

4 x 50m, at goal race start effort  
- each with 20 second recoveries

### **2. Main Set**

3 x 200m hard effort (RPE7)  
- each with 20 second recoveries

300m, easy swim (RPE 4)

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

### **3. Cool Down**

100m easy choice of stroke