

## **ENDURANCE 4**

### **Warm up**

100m swim, 100m pull, 100m swim, 100m pull

### **Main set**

200m as 75m easy; 75m mod; 50m fast – 15s rest  
Repeat x 10

### **Sprint set**

All - 8 x 25m very hard (RPE 18/19) – 30s rest

### **Cool down**

200m easy choice

**Distance – 2800m**