

ENDURANCE (SPEED) 2

Warm Up

100m swim, 100m pull, 100m kick
Repeat

Drills

4 x 100m each as 50m drill, 50m swim
(catch up, trickle, single arm L, single arm R)

Main Set

4 x 50m very hard (RPE 18) – 20s rest
200m moderate (RPE 15) – 15s rest
Repeat x 4

RPE = Rate of Perceived Exertion – a scale of 1 to 20 in which 1 is complete rest (lying in bed) and 20 is maximum exertion (exhaustion).

Cool Down

200m easy choice

Distance – 2800m