

ENDURANCE 1

Warm up

100m swim, 50m pull, 50m kick. Repeat x 2

Drill set

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

Main set

100m, 200m, 300m, 400m, 300m, 200m, 100m
15s rest between reps.
Mod/hard (RPE 16), each 4th length v.hard (RPE 18).

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 – 2600m