

## Workout:

### Warmup: (600)

300 swim

4 x 50 kick w/:20 rest

4 x 25 on :15 rest, build up to a fast finish

### Stretch

### Technique: 3 sets of 4 x 25 on :10 rest (300)

-- extra 30 seconds rest in between each set

# 1 – scull with mid-stroke, pointing down

# 2 – freestyle, maximum distance-per-stroke

# 3 – scull with hands out front, head up

# 4 – freestyle swim, strong & fast (90%)

### Main set: (1000)

8 x 50 freestyle at A3 level, on 1:00

- A3 means “I'm working, but I can sustain this pace for an hour if need be”
- If you're not getting between 10 and 20 seconds rest, change the interval.
- Time each one. Try to hold the same pace to within +/-1 second.

8 x 25 easy **maximum distance-per-stroke**

- #1-4 pull on :40
- #5-8 swim on :35

8 x 50 freestyle exactly as before, **same pace!**

Warmdown: (100) easy on your back.

