

KENDAL TRI CLUB



Endurance

The main set of this session may feel slow at the start but stick to your bleep that last 100m won't feel slow!

Warm up

400m easy freestyle

200m fins ↑ 6/3/6 ↓ full stroke

4 x 50m (12 ½m scull #1 + 12 ½ m doggy paddle + 25m full stroke)

200m pull buoy focus on rotation

Main set

600m at CSS + 1.25 secs per 25m (1 bleep recovery)

400m at CSS + 1 sec per 25m (1 bleep recovery)

200m at CSS + 0.75 sec per 25m (1 bleep recovery)

100m at CSS + 0.50 sec per 25m (1 bleep recovery)

Warm down

300m any stroke

Total distance 2600m