

## **Lane 5 & 6 – First Session back**

### **Warm up**

400m choice swim

4 x 100m F/C w. 15 secs rest – increase in speed each 100m

### **Main Set**

1500m timed at race pace.

After your session please can you work out your time per 100m from this, and then what your pace would be at 50%, 60%, 70% and 80% per 100m. These times will be used for future sessions so please note them down somewhere and bring them with you!

### **Swim Down**

As much as you need until the end of the session.

## **Lanes 3 & 4 – 1<sup>st</sup> Session back**

### **Warm up**

400m choice swim

4 x 50m F/C w. 15 secs rest – increase in speed each 50m

### **Main Set**

1500m timed at race pace.

After your session please can you work out your time per 100m from this, and then what your pace would be at 50%, 60%, 70% and 80% per 100m. These times will be used for future sessions so please note them down somewhere and bring them with you!

### **Swim Down**

As much as you need until the end of the session.