

Lanes 5&6 – Set 8

Warm Up

400m choice swim

2 x 200m pull w. paddles

2 x 50m kick

Sub-Set – Focus: Recovery

3 x 100m as 50m drill, 50m swim

1. Zip up
2. Finger Trail
3. POPOV

Main Set

Percentages based off 1500m time

5 x 300m as:

1. Swim @ 60%
2. Pull w. paddles
3. Swim @ 70%
4. Pull w. paddles
5. Swim @ 80%

Swim Down

200m easy choice swim

Total 2900m

Lane 3&4 – Set 8

Warm Up

400m choice swim
2 x 100m pull w. paddles
2 x 50m kick

Sub-Set – Focus: Recovery

3 x 100m as 50m drill, 50m swim
4. Zip up
5. Finger Trail
6. POPOV

Main Set

Percentages based off 1500m time

4 x 300m as:
6. Swim @ 60%
7. Pull w. paddles
8. Swim @ 70%
9. Pull w. paddles
10. Swim @ 80%

Swim Down

200m easy choice swim

Total 2400m