

Warm up

200m easy freestyle

Drill Set

4x50m fins as 25m drill, 25m freestyle +10sec rest

Drills: #1 6/1/6, #2 6/3/6, #3 6/5/6, #4 Popov

2x75m as 25m pull, 25m kick, 25m pull +10sec rest

Use pull buoy as kick board

Build Set

5x50m as 25m fast, 25m easy +10sec rest

Main Set

12x100m as CSS/steady pace +15sec rest

See if you can keep these to within 1-3 seconds
of each other!

Cool down

200m easy freestyle or alt. stroke