

## WARM UP

- 400m (200m) Freestyle Swim (even pace), [Easy]

## BUILD UP

- 4 (3) x 50m Freestyle Swim, rest 0:15 / 50m  
[Aerobic]
- 4 (3) x 50m IM or choice, rest 0:20 / 50m [Aerobic]

## CORE

- 1 x 100m Freestyle full stroke - timed 0:45 / 100m
- 4 (2) x 50m Freestyle (5 left, 5 right, 5 full stroke)  
0:45 / 100m
- 4 (2) x 50m Freestyle kick, rest 0:20 / 100m
- 4 (2) x 50m Freestyle pull, rest 0:45 / 100m
- 1 x 100m Freestyle full stroke - timed - faster than  
first 100m
- 8 (4) x 25m IM order or choice. 0:15 / 25m

## WARM DOWN

- 1 x 100m Freestyle Push & Glide, rest 0:15 / 50m  
[Easy]  
Freestyle swim, pausing at the end of every stroke  
with arms out-stretched, one held out front, the  
other held loosely against the body.

Distance: 1900m (1100m)