

ENDURANCE 2

Warm Up

100m swim, 100m pull, 100m kick

Repeat

Main Set

4 x 100m - 1st set 30 secs rest

2nd set 20 secs rest

3rd set 15 secs rest

4th set 10 secs rest

Repeat x 5

1 min rest between sets

All moderate/hard pace(RPE 15/16)

RPE = Rate of Perceived Exertion – a scale of 1 to 20 in which 1 is complete rest (lying in bed) and 20 is maximum exertion (exhaustion).

Cool Down

200m easy – choice

Distance – 2800m