

ENDURANCE 3

Warm up

100m swim, 100m kick, 100m pull
Repeat

Main Set

400m mod/hard (RPE 14/15) – 20s rest
4 x 100m hard (RPE 15/16) – 20s rest
300m mod/hard (RPE 14/15) – 20s rest
3 x 100m hard (RPE 15/16) – 20s rest
200m mod/hard (RPE 14/15) – 20s rest
2 x 100m **very** hard (RPE 17/18) – 20s rest
100m mod/hard (RPE 14/15) – 20s rest
100m max effort (RPE 19/20)

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

All – 200m easy choice

Distance – 2600m