

ENDURANCE (FORCE) 1

Warm up

200m easy

400m as 50m drill; 50m swim (catch-up, finger trickle, single arm L & R)

Kick Set

400m kick as 100m flat

100m side kick (2x25m each side)

50m side kick (change side middle of length)

50m side kick (change every 12 kicks)

50m side kick (change every 8 kicks)

50m back kick

Main Set

Using paddles – 100m with paddles & pull buoy – 20s rest

100m with pull buoy – 20s rest

100m swim – 20s rest

Repeat x 5

or without paddles – 200m with pull buoy – 20s rest

100m swim – 20s rest

Repeat x 5

All moderate/hard (RPE 15)

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 – 2700m