

ENDURANCE (FORCE) 2

Warm up

200m swim, 200m pull, 200m kick

Main set

200m pull +/- paddles – moderate (RPE 14/15) – 20s rest

200m swim – hard (RPE 16/17) – 20s rest

100m kick – 30s rest

Repeat x 4

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