

ENDURANCE (SPEED) 2

Warm up

100m swim, 100m catch up, 100m kick, 100m pull

Main set

200m moderate (RPE 14/15) – 15s rest

200m negative split – 15s rest

200m fast (RPE 18/19) – 60s rest

Repeat x 3

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).

Negative split – second half of rep is swum faster than the first half.

Subset

Lane 1 – 9 x 50m – 2 v.hard (RPE 17/18); 1 easy (RPE 11) – 15s rest

Cool down

200m easy choice

Distance – 2850m