

## **ENDURANCE 1**

### **Warm up**

100m swim, 50m pull, 50m kick. Repeat x 2

### **Drill set**

4 x 100m as 50m drill, 50m swim (catch up, zip-up, single arm L, single arm R)

### **Main set**

100m, 200m, 300m, 400m, 300m, 200m, 100m  
15s rest between reps.  
Mod/hard (RPE 16), each 4<sup>th</sup> length v.hard (RPE 18).

*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 – 2600m**