

## **TECHNIQUE 1**

### **Warm up**

200m swim, 200m kick, 200m pull, 100m swim, 100m kick, 100m pull

### **Main Set**

4 x 50m single arm alternating L & R. 20s rest

2 x 150m swim – negative split. 30s rest

4 x 50m trickle. 20s rest

2 x 150m swim – negative split. 30s rest

4 x 50m catch-up. 20s rest

3 x 150m swim – negative split. 20s rest

*Negative split – swim the second half of the rep faster than the first half*

### **Cool down**

200m easy choice

**Distance – 2750m**