

## Speed

### Warm up

200m – 1 minutes rest before moving onto the main set

### Main Set

1 x 200m	Fast	10 seconds rest
1 x 300m	Steady	20 seconds rest
1 x 200m	Steady with pull buoy	10 seconds rest
1 x 300m	Steady	20 seconds rest
1 x 200m	Steady with pull buoy	10 seconds rest
1 x 300m	Steady	20 seconds rest
1 x 100m	FAST	20 seconds rest

### Cool down

200m