

Endurance

Warm-up

250m: Easy, 25 seconds rest

Main Set

500m: Steady, 50 seconds rest

500m: Steady, 50 seconds rest

500m: Steady, 50 seconds rest

500m: Steady, 50 seconds rest

Cool down

250m: Steady with pull buoy – don't go to fast. Think about technique, visualising your catch.