

Drills & Speed

Warm up

200m steady, **20s rest**

4 x 50m as follows;

- Catch up
- High elbow
- Doggie paddle
- Fists

20s rest after each 50m

Main set

100m - Easy	20 seconds rest
50m - Fast	15 seconds rest
100m - Steady	20 seconds rest
50m - Fast	15 seconds rest
100m - Steady	20 seconds rest
50m - Fast	15 seconds rest

I know you love the above which is why you get to do it three more times 😊

Cool down

300m steady