

## **Endurance / Speed**

### **Warm-up**

250m: Easy, 30 seconds rest

### **Main Set**

500m: 5 x 100 m fast 20 sec

500m: 2 x 250 m med 30 sec

500m: 10 x 50 m fast 20 sec

500m: 2 x 250 m med 30 sec

### **Cool down**

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