

Drills / Speed

Warm up

200m as follows, with **20 seconds rest** after 200m – the below is 1 set:

- 50m high elbow
- 100m steady
- 50m fists

****This set is to be done 4 times****

Main set

2 x 400m as follows, with **1 minutes rest** after each 400m:

First 400m

100m building speed
200m fast
100m steady

Second 400m

200m building speed
100m fast
100m steady

2 x 200m as follows, with **20 seconds rest** after each 200m:

First 200m

100m pull buoy
100m steady

Second 200m

100m kick – up to you if you want to use fins
100m steady

2 x 150m as follows, with **10 seconds rest** after each 150m:

First 150m

50m steady
50m kick – no fins
50m steady

Second 150m

50m steady
50m catch-up
50m steady

Cool down

200m steady