

## **Speed**

### **Warm-up**

300m: Easy, 25 sec rest

### **Main Set**

200m Steady 20 sec rest

100m Fast 20 sec rest

50m Steady 15 sec rest

50m Sprint, 20 sec rest

**Complete the above set 5 times**

### **Cool down**

200m: Steady with pull buoy – don't go too fast. Think about technique, visualising your catch.