

Speed

Warm-up

250m, Steady

Main Set

10 x 100m as;

Evens fast

Odds steady

20 seconds rest after each 100m

2 x 200m fast but not flat out = 30 secs rest

10 x 50m again it's fast for evens and steady for odds

4 x 25m FLAT OUT – fast arm turnover but keep your form really feel that water pushing backwards.

Cool down

250m: Steady