

Speed

Warm-up

200m Pull Buoy – 20s rest

200m Steady – 20s rest

Main Set

4 x 50m: Slow/medium pace – 10s rest

4 x 50m: Medium – 10s rest

4 x 100m: Fast x 100m / Steady x 100m / Fast x 100m & 100m Steady – 20s rest

4 x 100m: Fast x 100m / Steady x 100m / Fast x 100m & 100m Steady – 20s rest

4 x 100m: 75m fast then 25m sprint – 10s rest

4 x 50m: 25 medium then 25m sprint – 10s rest

Cool Down

100m Easy with pull buoy

200m Easy