

2.5km-3km training sets - long course

400 Warm up
200 4 x 50 free kick /breast kick 10 sec
600 2 x 50 Back
100 Breast
200 IM
1200 3 x (200 IM easy 10sec 4 x 50 fast choice 30s)
100 loosen

400 warm up
300 2 x (50m kick/ Drill/ Swim SR)
600 4 x 150 descending - 3m
600 4 x (100 Fr fast 50 Choice easy)10sec
600 6 x (50Streamline bk Kick. 50 swim)

Long warm up: 200 - 100Bk - 200 fr - 100Br - 200fr
200 arm free bss & bsns
400 8 x 50 kick On 1m
900 2 x 200 choice 30 sec rest after every one
3 x 100 free 90% effort on all
4 x 50 choice
100 easy