

## **1000m training sets**

200m warm up  
100m drills (people paddle, fists 2 x 50m)  
200m kick/pull  
400m 8 x 50m free strong on 1.10  
200m 8 x 25m kick/back  
100m Old English backstroke

200m warm up  
100m 1 arm free – long & strong  
400m 8 x 50m free 1m rest  
100m Practice low stroke count  
100m Back kick/Backstroke 100m easy loosen

200m warm up  
200m 2 x (kick, drill, swim, kick)  
200m 8 x 25m free on 1m  
200m Easy breast  
200m 2 x 100m free - fast  
200m 6 0'clock back stretch