



Race Preparation (Pool or Open Water)



200m backstroke, very easy
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200m any stroke, at 50%
200m front crawl / freestyle building, 60-80%



100m any stroke, at 80%, 30 seconds rest
50m front crawl / freestyle, at 90%, 20 seconds rest



50m front crawl / freestyle at 100% Main Set:
4 x 100m front crawl / freestyle, 90% with first 25m head-up, 30 seconds rest
4 x 100m sighting every 6 or so strokes, 90%, 20 seconds rest
4 x 100m front crawl / freestyle with no push off wall start and sighting, at 90%, 30 seconds rest
2 minutes rest



200m backstroke, very easy



Equipment to use:

Please return borrowed equipment after use.