

Endurance swim – 1800m

Focus: Nice easy session to get you back in the water. If you don't have paddles just do pull.

Warm up

200 swim mix of strokes
4 x 75 as 25 pull, 25 kick, 25 swim + 10s rest

Main set

200 steady swim
2 x 50 kick + 10s rest
200 steady pull
2 x 50 kick + 10s rest
200 steady pull & paddles
2 x 50 kick on your back + 10s rest
8 x 25 as one at 80% effort, one easy + 15s rest

Cool down

200 choice swim

Endurance & pace – 1900m

Focus: Still getting used to being back in the water with a bit of pace thrown in.

Warm up

200 easy swim mix strokes
200 easy pull
4 x 25 kick on front + 10s rest

Main set

200 easy swim + 10s
4 x 50 swim + 15s rest as 1) 60% effort, 2) 70% effort, 3) 80% effort, 4) back or breaststroke

200 easy pull + 10s
4 x 50 pull + 15s rest as 1) 60% effort, 2) 70% effort, 3) 80% effort, 4) back or breaststroke

200 easy swim + 10s
4 x 50 swim + 15s rest as 1) 60% effort, 2) 70% effort, 3) 80% effort, 4) back or breaststroke

Cool down

choice swim