



Warm up

400m choice +1min R

4 x 50m increase pace +2sec per 50m (1st x 50m easy / 4th x 50m hard) on 15sec rest

Rest 2min

Main session

400m max effort (Note time:)

Rest 2min

4 x 50m very easy on 20sec rest

200m max effort (Note time:)

Cool down

200m easy cool down

Now submit these times to the Swimsmooth Calculator to establish your Critical Swim Speed over 100m, <http://www.swimsmooth.com/improve/intermediate/swim-smooth-css-calculator>