1hr Set (Competent)

Key: FS = Frontcrawl BK = Backstroke K = Kick sw = swim R = Rest

Warm Up

400m FS Rest 30 seconds

6 x 25 as Odds: Technique Rest 15
Evns: Fast holding technique

1 x 50 Recovery swim

600m

Main Set

4 x 50 @ 7 out of 10 Effort	R 10	Focus on stroke
1 x 100 Best Effort		Hold stroke
1 x 50 Recovery sw	R 60	
3 x 50 @ 8 out of 10 Effort	R 20	Focus on stroke
1 x 100 Best Effort		Hold Stroke
1 x 50 Recovery sw	R 60	
2 x 50 @ 9 out of 10 Effort	R 30	Focus on stroke
1 x 100 Best Effort		Hold stroke
1 x 50 Recovery sw	R 60	
1 x 50 @ Best Effort	R 40	Focus on stroke
1 x 100 Best Effort		Hold stroke
1 x 50 Recovery sw	R 60	

1700m

Swim Down

6 x 25 @ Best Effort Kick	R 15	
1 x 100 Recovery sw		R 10
4 x 25 @ Best Effort Kick	R 15	
2 x 100 Recovery sw		R 10
2 x 25 @ Best Effort Kick	R 15	
3 x 100 Recovery sw		R 10

2600m