

SWIM SMART	July
Aim: Theme:	to increase speed-endurance in Open Water good technique and varied swim sets

2450m	
500 WARM UP	100fc - 30RI 100bilat - 20RI 150cup 50fc - 10 RI 100 mixed
1700 MAIN SET	8x100: all off 15 RI 1 to 4 hold pace 5-8 build to 85% effort 5x[25tech/50 o/w/25mixed] all 30 RI #1=bilat #2=sight every 3rd #3=non-prefered breathing #4=head up #5=fc *** Treadwater start and no touching ends of pool 8x50m - two breast strokes at 12.5m 80% effort - with 20RI
250 COOL DOWN	100bilat - 30RI 100fc - 15 RI 50 mixed