



Swim Conditioning – 1250m

Warm Up – 100m freestyle

Conditioning

Hypoxic Pyramid (each at 25m)

Breath every 3, 4, 5, 6, 7, 8, 9, 10 strokes

Rest 2'

Breath every 10, 9, 8, 7, 6, 5, 4, 3 strokes

Easier Hypoxic Pyramid (each at 25m)

Breath every 3, 4, 4, 5, 5, 6, 6, 7 strokes

Rest 2'

Breath every 7, 6, 6, 5, 5, 4, 4, 3 strokes

Rest 2'

100m on 130" }
75m on 100" } x 2
50m on 60" }
25m on 30" }

Rest 2'

6 x 25m OT30"

Cool Down – 100m Own Choice

Total Volume = 1250m

