



Swim Conditioning – 700m

Warm Up – 50m freestyle

Conditioning

4 x 75m OT90"

Rest 30"

25m Hypoxic Breathing Sets (Breathe on *X* strokes)

3, 5, 7

Rest 45"

4, 6, 8

Rest 45"

6 x 25m OT30"

Cool Down – 50m freestyle

Total Volume = 700m

