



Swim Conditioning – 850m

Warm Up – 50m freestyle

Conditioning

6 x 75m OT90"

Rest 90"

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

3, 5, 7

Rest 60"

4, 6, 8

Rest 90"

6 x 25m OT30"

Cool Down – 50m freestyle

Total Volume = 850m

