



Swim & DWR Combo – 800m + 19'

Warm Up – 100m Freestyle

Conditioning

Block 1

Swim:

6 x 50m OT60"

Rest 2'

Deep Water Running:

5 x 5" On : 10" Off

Rest 20"

5 x 10" On : 10" Off

Rest 20"

5 x 15" On : 10" Off

Rest 20"

5 x 5" On : 5" Off

Block 2

Swim with Hypoxic breathing:

Breathe Every – 3/5, 3/7, 3/9

**3/5 = breathe every 3 strokes on the 25m up / breathe every 5 strokes on the 25m back*

Deep Water Running:

5 x 30" On : 30" Off

Rest 20"

5 x 5" On : 15: Off

Rest 20"

5 x 20" On : 10" Off

Block 3

Swim:

10 x 25m OT30"

Deep Water Running:

2 x 20" On : 10" Off

Rest 20"

2 x 15" On : 5" Off

Cool Down

Walk 2-3 Laps & Stretch

Session = 800m + 19'

