

Game Simulation Swim

Warm up

100m easy Loosen

4 x 50m Build pace to around 80% - rest 20 Seconds after each Rep

100m easy Loosen

400m Total

Main set (Game)

Q1 and Q2

2 rounds of the following

100m – 50 Hard, 50 Easy

Rest 10 Seconds

75m – 50 Hard, 25 Easy

Rest 10 Seconds

50 – Hard

Rest 10 seconds

25 Hard

4mins Rest

*Hard Means around 90% of max effort

Total 500m x 2

Q3 and Q4

2 rounds of the following

2 x 50m – Aim to Hold fastest time possible – 15 seconds rest between each rep

4 x 25s – Maximum 2 Breaths per Lap – 15 Seconds rest between each rep

2 x 50s - Aim to Hold fastest time possible – 15 seconds rest between each rep

4 x 25s - Maximum 2 Breaths per Lap – 15 Seconds rest between each rep

Total 400m x 2

Session total – 2.2km

