



Training set n°2

Warm up

- 400 m Freestyle - Recover 20''
- 200 m Backstroke - Recover 20''
- 100 m drill Freestyle drill fist - Recover 20''
- 200 m Freestyle Pull buoy

Main Set

- 100 m Freestyle/backstroke - Recover 20''
- 600 m Freestyle pull paddles - Recover 30''
- 100 m Freestyle/backstroke - Recover 20''
- 700 m Freestyle pull paddles - Recover 30''
- 100 m Freestyle/breaststroke - Recover 20''
- 800 m Freestyle pull paddles

Swim Down

- 200 two hands backstroke

TOTAL : 3500 m



Training set n°3

Warmup

- 200 m Freestyle - Recover 20''
- 200 m Freestyle Pull buoy - Recover 20''
- 200 m kick freestyle

Main set

- Repeat the set 4x
 - (8 x 100 m Freestyle @Critical Swim Speed (CSS)*, Recover 15'')
 - CSS should be at 70% of your maximum heart rate
- recover 1 mn between each 8 x 100 m

Swim down

200 m kick easy with fins

TOTAL : 4 000 m

→ to know more or measure your CSS, use the calculator on this site:
<http://www.swimsmooth.com/training.html>