



Training set n°4

Warm up

- 400m Freestyle without touching the wall- Recover 20 "
- 300 m Backstroke - Recover 20 "
- 200m Freestyle Swimming with fins - Recover 20 "
- 100 m Freestyle Pull buoy

Main Set

- Repeat 4x the set below
- 500 m Freestyle paddles + pull buoy breathing every 2 times 50% - Recover 20 "
- 200 m Freestyle with fins breathing every 3 times 60% - Recover 20 "
- 100 m Freestyle 80% - Recover 45 "

Swim Down

100m easy kicks

TOTAL: 4300 meters



Training set n°5

Warmup

- 600 m choice stroke (vary your stroke: free, back, fly...)

Main set

- 4 x 800m Freestyle - Recover 40 "
 - 1) Freestyle
 - 2) Pull buoy
 - 3) Paddles no Pull buoy, without touching the wall
 - 4) Pull buoy paddles

Swim down

200 m kick easy with fins

TOTAL : 4 000 m