



1. The Countdown

1200-1700 SWIM SESSION - ENDURANCE

WARMUP 200

- 200 Free

MAIN SET 1500

- **500 Free** - Steady pace, non-stop
- **4x100 EBEH** - 25 Easy, 25 Build, 25 Easy, 25 Hard. **LIFO** - Last In First Out
- **3x100 B2B3B4B5** - 25 Breathe every second stroke, 25 Breathe every third stroke, 25 Breathe every fourth stroke, 25 Breathe every fifth stroke. **Rest 10.**
- **200 Free** Strong Pace
- **100 Free** Fast.

ALTERNATIVE MAIN SET 1000

- **400 Free** - Steady pace, non-stop
- **3x100 EBEH** - 25 Easy, 25 Build, 25 Easy, 25 Hard. **LIFO** - Last In First Out
- **2x100 B2B3B4B5** - 25 Breathe every second stroke, 25 Breathe every third stroke, 25 Breathe every fourth stroke, 25 Breathe every fifth stroke. **Rest 10.**
- **100 Free** Fast.