



## 2. 15 Minute Distance Test

### 1500-2000 SWIM SESSION - ENDURANCE

#### WARMUP 200

- 200 Free

#### MAIN SET 1000-1500

- **200 Free** - 25 Draft in pairs, 25 Unco
- **100 Tri Mass** - Whole squad swims 100 without touching the ends or bottom of the pool
- **15 Minute Distance Trial** - Swim 15 minutes - count distance.
- **4x50 Relay** Pair fastest with slowest
- **50 Dolphin Dives.**

This session is a way of building some volume into our training and also providing a useful early gauge as to how far we might swim as a group in open water in any given 15 minute period.

There's a fair amount of tai-specific training in this session too.

Remember Ruby Island is about 600m from Waterfall Creek.