



Endurance (2500m)



400m as 25m front crawl / freestyle, 75m any stroke, build 60-90% throughout



400m front crawl / freestyle with Pull bouy at 65%, 30 seconds rest

400m front crawl / freestyle with paddles at 65%, 30 seconds rest

400m front crawl / freestyle at 65%, 30 seconds rest

800m any stroke at 70%

500m Medley or mix strokes, 80%



200m backstroke easing down to 40%



Equipment to use:



Please return borrowed equipment after use.