SESSION #21
FRESH & FRUITY PACE SET

Different format of session today - time based
Today's session is all 100m Reps - as many as you can do in your 60 mins, structured as below. Choose you cycle time for the whole session as 20 secs slower than your CSS pace. So if your CSS is 1:40/100m, set off for each 100m on 2:00.

Warm up:

- 0- 10 mins f/s steady paced (you should have about 5- 10 sec recovery on your cycle time)

Drill:

- 10-15 mins with fins - each 100m as 50m 6/3/6 drill, 50m swim, focusing on excellent rotation and a smooth stroke

Pull:

- 15-25 mins pull buoy , again working on good roll with a solid 'purchase'on the water

Threshold Pace:

- 25-45 mins f/s - hold CSS pace (or even slightly quicker) and maintain excellent form

Drill:

- 45-55 mins with fins - each 100m as 50m popov drill, 50m swim, focusing on excellent rotation and a relaxed arm recovery

Warm down:

- 55-60 mins easy pace swimming

Session difficulty 3/5