

Title: Post 9KM National Capital Swim, swim down ( and to get some sun)

Instructions:

Dive in - swim - 5 km - get out - drink coffee :)

CSS times are per 25 metres

Determine your goals for your next swim, your goals may include:

technique improvements, strategy changes, improving endurance and stamina, improvements to speed, distance improvements - or just maintaining your existing performance level

Duration Dist. Cumu.

Part A Warmup

**400 choice swim**

**100 YMC Accelerate**

**100 YMC Accelerate + 1**

**200 Choice Drills - based on the outcomes of your last video session and recommendations or your future goals**

14:56 800 800

7:15:00

7:29:56

Part B - choice with our without fins

**4 x 100**

**OTB @ CSS + 1.0**

**R: 1 Beep**

**1 x 200**



**OTB @ CSS - 1.5**

**R: 1 Beep**

Duration Dist. Cumu.

10:24 600 1400

7:30:56

Part C - choice with our without fins

**4 x 150**

**OTB @ CSS + 1.0**

**R: 1 Beep**

**1 x 300**



**OTB @ CSS - 1.5**

**R: 1 Beep**

Duration Dist. Cumu.

15:36 900 2300

7:42:20

7:57:56

Part D

**400, 300, 200, 100**

**OTB @ CSS + 1.0**

**R: 1 Beep**



**OTB @ CSS - 1.5**

**R: 1 Beep**

Duration Dist. Cumu.

17:20 1000 3300

7:58:56

8:16:16

Part E - choice with our without fins

**500, 400, 300, 200, 100**

**OTB @ CSS + 1.0**

**R: 1 Beep**



**OTB @ CSS - 1.5**

**R: 1 Beep**

Duration Dist. Cumu.

26:00 1500 4800

0:17:20

0:43:20

Part E Cooldown

**200 Choice Drills - based on the outcomes of your last video session and recommendations or your future goals**

Duration Dist. Cumu.

03:44 200 5000

Duration Cumu.

Estimated duration (@ GG Pace) 1:30:20 5000