

File : 2020-01-24-DP.pdf

Pool: Phillip

Long Course

Title: Just a bit of fun

 Instructions: Dive in - swim 5 km - get out - drink coffee :)
 CSS times are per 25 metres, Tempo Timer required


Concentrate on one aspect of your technique each time you leave a wall

Warm up

400 Easy Choice

100 as YMCA Accelerate

100 as YMCA Accelerate + 1

4 x 50 as 25 pull, 25 build



Duration	Dist.	Cumu.
14:24	800	800
7:00:00	Start	
7:14:24	Finish	

Main - 1

10 x 100 OTB @ CSS + 0
R: 1 Beep


Duration	Dist.	Cumu.
16:40	1000	1800
7:15:24	Start	
7:32:04	Finish	

Main - 2 OTB @ CSS + 1 / 25 or 0.5 if your feeling game

2 x 400 = 800 R: 1 Beep
1 x 800 = 800 R: 1 Beep
2 x 400 = 800 R: 1 Beep

Duration	Dist.	Cumu.
41:36	2400	4200
7:33:04	Start	8:14:40

Main - 3

6 x 100 OTB @ CSS + 0
R: 1 Beep

Duration	Dist.	Cumu.
10:24	600	4800
8:15:40	Start	
8:26:04	Finish	

Cool down

200 Ch

Duration	Dist.	Cumu.
03:44	200	5000
8:27:04	Start	
8:30:48	Finish	

Duration	Cumu.
Estimated duration (@ GG Pace) 1:30:48	5000