

Title: Welcome back to D&P

Instructions:

- Dive in - swim - swim - swim - get out - drink coffee :)
- CSS / OTB or BTB times are per 25 metres
- Using Tempo Timer Pro
- **Swim within your capacity - set a CSS pace to match your current fitness level**
- If you are new to D&P you can reduce sets as need - but try a bit of each set block
- Set style, duration, distance and intensity are reduced as we have just returned to training
- **Fins optional for the full set**

Warmup & Drills

**200 easy choice**  
**100 Javelin Drill**  
**100 Unco Drill**  
**2 x 100 breathing on your bad side**  
**200 pull or drills of choice**

**Rest up to 30 secs**

Duration	Dist.	Cumu.
14:56	800	800

7:30:00  
7:44:56

**Main 1 - Getting into the mood**

**4 x 50 BTB on CSS + 5 R<sub>10</sub>**  
**4 x 50 BTB on CSS + 4 R<sub>8</sub>**  
**4 x 50 BTB on CSS + 3 R<sub>6</sub>**  
**300 moderate - no beeper**

Duration	Dist.	Cumu.
15:36	900	1700

7:45:56  
8:01:32

**Main 2**

**4 x 100 BTB on CCS + 3.0 R<sub>12</sub>**  
**400 on CCS + 2.0 R<sub>32</sub>**  
**4 x 100 BTB on CCS + 2.5 R<sub>10</sub>**  
**400 on CCS + 1.5 R<sub>24</sub>**

Duration	Dist.	Cumu.
27:44	1600	3300

8:02:32  
8:30:16

**Main 4**

**Think about what goodies are in the coffee shop :)**  
**Did you remember to bring your wallet :(?)**

Duration	Dist.	Cumu.
00:00	0	3300

8:32:16  
8:32:16

Cooldown

**200 CH**  
**Coffee Time**

Duration	Dist.	Cumu.
03:44	200	3500

Duration	Cumu.
1:04:20	3500

Estimated duration (@ GG Pace)