
Warm-up



1 x 300 CH warmup with fins
300

Skills Form rest 20 - 30 secs between 100's



1 x 200 RS1 kick
500

Build Form

500

Main 1 - BA BA Swimmers only
All at moderate pace

1 x 1500 BA No Beeper	60 secs
1 x 300 CH NOT BA	30 secs
1 x 400 BA No Beeper	60 secs
1 x 300 CH NOT BA	30 secs
3000	

Main 1 - BU *** BU swimmers do not do BU for CH ***

1 x 500 BU BU up and FR back	60 secs
1 x 200 BR easy pace	30 secs
1 x 400 BU as above	60 secs
1 x 200 BR as above	30 secs
1 x 300 BU as above	60 secs
1 x 200 CH as above	30 secs
1 x 200 BU as above	60 secs
1 x 200 CH as above	30 secs
1 x 100 BU as above	60 secs
1 x 200 CH as above	30 secs
3000	

*LDC squad - go to cooldown,
or join 10 KM squad*

Pre - Cooldown easy pace
3000

Cool Down

300 choice

3300