

Workouts – for 400m

1) Warm up 6 F/C, 6 BK/S, 4 FC, 4 BK/S, 2F/C

Then 3 broken 400m swims as follows, taking a 10sec rest between each one.

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112	1111	211
211	211	112
4	4	1111

Swim down leisurely 4x1 IM

2) Warm up 400 m FC
4 x 2 lengths Drill 1st FC 2nd length
Even stroke 200m 20s rest
100m – 15s rest
Increase pace 50m – 10sec rest
Sprint pace 50m

2 x 4 lengths even pace count stroke
200m swim down