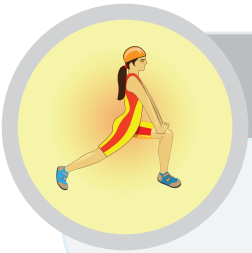
#01 – Elevator (3.4km)

Benefit : Strong middle section of your swim



Warm Up (900 m)

3 x (100m Freestyle + 100m Backstroke + 100m Breaststroke)

Main Set (2400m) 4 x (3 x 200m)

Block 1 (3 x 200m)
4 x 50m (**1 Hard**, 3Easy)10-15 sec rest interval
2 x 200m (Race pace) – 30 secs rest
1 mins rest in-between each set

Block 2 (3 x 200m)
4 x 50m (**2 Hard**, 2 Easy) – 10-15 sec rest interval
2 x 200m (Race pace) – 30 secs rest
1 mins rest in-between each set

Block 3 (3 x 200m)
4 x 50m (**3 Hard**, 1 Easy) – 10-15 sec rest interval
2 x 200m (Pull & Paddles) – 30 secs rest

Block4 (3 x 200m)
4 x 50m (**All 4 Hard!**) – 10-15 sec rest interval
2 x 200m (Pull & Paddles) – 30 secs rest

Cool Down (600 m)

3 x (100 Swim + 100 Stroke, choice)

Why/Purpose

- ✓ For the middle half of your race swim
- ✓ Building lactate tolerance which enables you to hold your start pace
- ✓ Reduces drop off in pace throughout the swim

Key Points

- ✓ Record your 200m interval times, and keep them as consistent as possible
- ✓ Nail the 50's as hard as possible, build up the lactate and heart rate on these
- ✓ Warm up and warm down, this is a tough set so you'll want to warm up and down as instructed so you can recover faster.