

Catherine Watmough – Example Set

7. 15 Warm Up

200 free, 100 back, 100 breast, 100 IM (500m)

7.30 Transition

1. 200IM - 25 swim 25 kick of IM order
2. 25 ftd, 25 free swim
25 fists, 25 free swim
25 L arm, 25 free swim
25 R arm, 25 free swim
100 free style relaxed and comfortable, focus on bent arm pull (500m)

Main Set (40 minutes)

2 x 50 free on 60/70/75 seconds

2 x 50 free on 55/65/70 seconds

2 x 50 free on 50/60/65 seconds

2 x 50 free on 45/55/60 seconds

60 seconds rest then:

4 x 100 free/form (moderate) 15 seconds rest

2 x 200 free/form (moderate) 30 seconds rest

1 x 300- 400 free alternating 50 hard 50 easy



(1500 -1600m)

8. 20 Cool Down

200 easy slow free/back/ breast (200m)

Total : 2700-2800m