

BAD Tri Swim Session - Thursday, 2nd April 2015

Warm Up

	300	Front crawl	On 20s rest
2x	50	Front crawl kick	On 10s rest
	100	Front crawl	On 20s rest
2x	50	As 25 front scull, 25 front crawl	On 10s rest
2x	50	As 25 doggy paddle, 25 front crawl	On 10s rest
	100	Front crawl	On 20s rest
2x	50	Front crawl - hard	On 20s rest
			1,000

Main Set

6x	200	Front crawl ▶ Odds: steady ▶ Evens: building	On 40s rest
4x	200	Front crawl ▶ Odds: steady ▶ Evens: hard	On 40s rest
			3,000

Main Set 2

3x	100	Front crawl - 25 hard, 75 easy	On 20s rest
3x	100	Front crawl - 75 easy, 25 hard	On 20s rest
			3,600

Cool Down

	50	Front crawl kick	On 15s rest
	50	Front crawl - easy	
	100	Choice (not front crawl)	
			3,200 - 3,800