

Deirdre Kearney, Swim Ireland Level 2 Coach

Session 8	Training Classification	Mileage
Aim(s): tri simulation set 2400m, 3200m total		
W/Up 4 x 50 f/c - dps - 10 sec rest 1 x 100 f/c - 75 eze, 25 build to all out - 15 sec rest x 2	A1	600m
Main Set 2 x 100 f/c fast, - 10 sec rest 1 x 400 f/c hold even pace, dps - 30 sec rest 2 x 100 f/c fast - 10 sec rest 1 x 400 f/c hold even pace, dps x 2 , 2 min rest between sets where fast is max. anaerobic threshold pace	A2-AT	2400m
S/Down 200 choice	A1	200m
Total		3200m