



## TRAINING SESSION 2

**INTENSITY LEVEL: 2** - INTERMEDIATE and EXPERIENCED swimmers

**TOOLS:** kickboard, pullbuoy

	TRAINING SESSION 2	Notes
<b>WARM UP</b>	200 m at your own pace	
	200 m legs with a board	
	200 m with a pullbuoy	
	6 x 50 freestyle progression swim #1-3 #4-6 with 20" recovery	<i>The second progression is faster than the first</i>
<b>MAIN SET</b>	8 x 50 #1 hard #1 easy with 15" recovery	
	4 x 100 freestyle at race pace with 10" recovery	
	2 x 200 #75 aerobic + 25 fast with 20" recovery	
	1 minute extra recovery	<i>This session is based on changes in pace, so that you can keep your heart rate at the anaerobic threshold. The extra minute between the two sets will allow you to maintain a high intensity even when the training load starts to get heavy.</i>
	8 x 50 #1 hard #1 easy with 15" recovery	
	4 x 100 freestyle at race pace with 10" recovery	
	2 x 200 #75 aerobic + 25 fast with 20" recovery	
<b>SWIM-DOWN</b>	Swim-down at your own pace	

**Author:** arena coaches

4 training sessions to improve your open-water endurance

[www.arenawaterinstinct.com](http://www.arenawaterinstinct.com)