

Distance - Beginner

Warm Up:

4x50s freestyle

Main Set:

x2 {
4x25s freestyle
2x50s freestyle
100 freestyle
25 easy

Cool Down:

Minimum 150m easy.

1,000m

An even thousand! If it's your first 1k, well done! You should be proud.

This is the simple kind of set you can stick on a slip of paper inside your glovebox - practically a staple!