

Endurance

main set

100m, 200m, 300m, 400m, 500m, 400m, 300m,
200m, 100m (2500 metres)

RI = 5 secs per 100 metres

All at IM pace

Predicted IM swim times:

60 – 65 mins = 1.35 – 1.42 / 100 metres

3.10 – 3.24 / 200 metres

4.45 – 5.06 / 300 metres

6.20 – 6.48 / 400 metres

7.55 – 8.30 / 500 metres

Endurance

main set

100m, 200m, 300m, 400m, 500m, 400m, 300m,
200m, 100m (2500 metres)

RI = 5 secs per 100 metres

All at IM pace

Predicted IM swim times:

65 – 70 mins = 1.42 – 1.50 / 100 metres

3.24 – 3.40 / 200 metres

5.06 – 5.30 / 300 metres

6.48 – 7.20 / 400 metres

8.30 – 9.10 / 500 metres

Endurance

main set

100m, 200m, 300m, 400m, 500m, 400m, 300m,
200m, 100m (2500 metres)

RI = 5 secs per 100 metres

All at IM pace

Predicted IM swim times:

70 – 75 mins = 1.50 – 2.00 / 100 metres

3.40 – 4.00 / 200 metres

5.30 – 6.00 / 300 metres

7.20 – 8.00 / 400 metres

9.10 – 10.00 / 500 metres

Endurance

main set

100m, 200m, 300m, 400m, 500m, 400m, 300m,
200m, 100m (2500 metres)

RI = 5 secs per 100 metres

All at IM pace

Predicted IM swim times:

75 – 80 mins = 2.00 – 2.06 / 100 metres

4.00 – 4.12 / 200 metres

6.00 – 6.18 / 300 metres

8.00 – 8.24 / 400 metres

10.00 – 10.30 / 500 metres