



If you have not been training consistently, use this plan			
Date	Warmup	Work Set	Cooldown
13	1 x 5 min, 70% HRmax / RPE 4.5	2 x 5 min, 70% HRmax / RPE 4.5 2 min rest	1 x 5 min, 70% HRmax / RPE 4.5
14	1 x 5 min, 70% HRmax / RPE 4.5	2 x 5 min, 70% HRmax / RPE 4.5 2 min rest	1 x 5 min, 70% HRmax / RPE 4.5
15	1 x 5 min, 70% HRmax / RPE 4.5	2 x 5 min, 70% HRmax / RPE 4.5 2 min rest	1 x 5 min, 70% HRmax / RPE 4.5
16	1 x 5 min, 70% HRmax / RPE 4.5	2 x 5 min, 70% HRmax / RPE 4.5 2 min rest	1 x 5 min, 70% HRmax / RPE 4.5
17	1 x 5 min, 70% HRmax / RPE 4.5	8 x 30sec intervals, Race Split, 26-28 Strokes per Minute 1 minute rest	1 x 5 min, 70% HRmax / RPE 4.5



If you consistently train, use this plan		
Warmup	Work Set	Cooldown
1 x 10 min, 70% HRmax / RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5 2 min rest	1 x 10 min, 70% HRmax / RPE 4.5
1 x 10 min, 70% HRmax / RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5 2 min rest	1 x 10 min, 70% HRmax / RPE 4.5
1 x 10 min, 70% HRmax / RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax / RPE 4.5
1 x 10 min, 70% HRmax / RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax / RPE 4.5
1 x 10 min, 70% HRmax / RPE 4.5	8 x 1 min intervals, Race Split, 26-28 Strokes per Minute 1 minute rest	1 x 10 min, 70% HRmax / RPE 4.5