



This is a session put together with the help of my good friend and protégé Gordo Byrn, who went from a guy who couldn't swim 400 m without stopping to a 50-minute Ironman swimmer in 7 years. With discipline and dedication it is very possible to improve one's swimming a great deal. Believe in the work!

TIME/DISTANCE	DESCRIPTION	
10 min.	<b>Pyramid reps with bilateral breathing RPE 2</b> <i>5–10-sec. rest interval</i>	<i>For example, 50/100/150 . . . 150/100/50, with rest between each rep.</i>
4 × 400 m		
<i>Odd reps</i>	<b>400 m freestyle with bilateral breathing RPE 2</b> <i>20-sec. rest interval</i>	<i>For the 300 m, keep a steady aerobic pace. This is much slower than threshold (as determined by a 1 km time trial), on the order of 3 to 7 sec. slower per 100 m.</i>
<i>Even reps</i>	<b>100 m IM/300 m freestyle RPE 3</b> <i>15-sec. rest interval</i>	
Time remaining	<b>Easy kicking and drills RPE 1</b>	

Remember that the goal of this session is to build endurance while improving your technique. If you feel yourself creeping to more than a steady effort, slow down. If you think that you need more rest during the main set, slow down.

When you've got more time, build the main set to 8 × 400 m.