



Week 3			
If you have not been training consistently, use this plan			
DAY	Warmup	Work Set	Cooldown
1	1 x 5 min, 70% HRmax /RPE 4.5	3 x 5 min, 70% HRmax / RPE 4.5 2 min rest	1 x 5 min, 70% HRmax /RPE 4.5
2	1 x 5 min, 70% HRmax /RPE 4.5	3 x 5 min, 70% HRmax / RPE 4.5 2 min rest	1 x 5 min, 70% HRmax /RPE 4.5
3	1 x 5 min, 70% HRmax /RPE 4.5	4 x 5 min, 70% HRmax / RPE 4.5 2 min rest	1 x 5 min, 70% HRmax /RPE 4.5
4	1 x 5 min, 70% HRmax /RPE 4.5	4 x 5 min, 70% HRmax / RPE 4.5 2 min rest	1 x 5 min, 70% HRmax /RPE 4.5
5	1 x 5 min, 70% HRmax /RPE 4.5	6 x 1min 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	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	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	6 x 90sec intervals, Race Split 26-28 Strokes per Minute 1 minute rest	1 x 10 min, 70% HRmax /RPE 4.5

Always check with your physician before starting a new workout plan!