



TRAINING SESSION 4

INTENSITY LEVEL: 1 - EVERYBODY

TOOLS:

	TRAINING SESSION 4	Notes
WARM UP	10'-15' minutes at your own pace	
MAIN SET	Test over 2.000 m or 3.000 m (possibly in open water) o an open-water race	If you can, test your fitness in the sea or a lake. There are plenty of open-water races from June to September. Take advantage of this to test yourself and train differently. Even if you use an open-water race as a training session, the conditions will be completely different. The intensity, weather/water conditions and your emotional state will all be different.

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4 training sessions to improve your open-water endurance

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