



## THE CLASSIC HUNDREDS TEST

A heart rate threshold session designed to show your fitness levels and push your endurance. Try putting this into your programme at regular intervals (eg Monthly) and compare your times as a gauge of fitness throughout the season.

1,700

Total

Test Set

60 Minutes

Intermediate

Set	Exercise	Reps	Time	Instructions & Tips
<b>Warm Up</b>	1	Freestyle	1 x 200m	
	2	Backstroke	1 x 100m	
	3	Freestyle Pull	1 x 100m	
<b>Main Set</b>	4	Freestyle	4 x 50m	Increase speed on each rep so that the last 50 is at 85% of your maximum intensity Coach Tip: 20 second rest
	5	Freestyle	8 x 100m	Aim to maintain your fastest average speed through all 8 reps. Heart rate should be between 160 and 180 Coach Tip: 40 second rest
<b>Warm Down</b>	6	Backstroke Kick	1 x 100m	Hands by side
	7	Breaststroke	1 x 100m	
	8	Freestyle	1 x 100m	