

## **FAST**

## **WARM UP**

300m CHOICE as 75 SWIM, 25 KICK

300m PULL as 75 CHOICE, 25 SCULL

300m SWIM as 100 CHOICE, 100 IM, 100 CHOICE

## **MAIN SET**

10x100m SWIM OR PULL as:

4x100m @ 15-20 secs MODERATE

3x100m @ 10-15 secs STRONG

2x100m @ 5-10 secs MODERATE

1x100m FAST

## **COOL DOWN**

200m KICK CHOICE

200m SWIM CHOICE EZ

TOTAL: 2,300m

## **MEDIUM**

### **WARM UP**

300m CHOICE as 75 SWIM, 25 KICK

300m PULL as 75 CHOICE, 25 SCULL

200m IM as 25 DRILL, 25 SWIM

### **MAIN SET**

10x100m SWIM OR PULL as:

4x100m @ 15-20 secs MODERATE

3x100m @ 10-15 secs STRONG

2x100m @ 5-10 secs MODERATE

1x100m FAST

### **COOL DOWN**

100m KICK CHOICE

200m SWIM CHOICE EZ

TOTAL: 2,100m

## **EASY**

## **WARM UP**

300m SWIM as 75 CHOICE, 25 NO FREE

200m PULL as 75 CHOICE, 25 SCULL

200m CHOICE as 75 SWIM, 25 KICK

## **MAIN SET**

10x100m SWIM OR PULL as:

4x100m @ 15-20 secs MODERATE

3x100m @ 10-15 secs STRONG

2x100m @ 5-10 secs MODERATE

## **COOL DOWN**

100m KICK CHOICE

200m SWIM CHOICE EZ

TOTAL: 1,900m