

FAST

WARM UP

300m CHOICE as 75 SWIM, 25 KICK

300m PULL as 75 CHOICE, 25 SCULL

200m KICK CHOICE

MAIN SET #1

2x200m SWIM DPS @ 15-20secs REST

2x(4x100m) PULL as

3x100m STRONG @1:35 or 10 secs REST

1x100m MODERATE @2:00 or 20secs REST

6x50m NO FREE SWIM @1:00 or 10-15secs REST

COOL DOWN

100-200m SWIM CHOICE EZ

TOTAL: 2,400-2,500m

MEDIUM

WARM UP

300m CHOICE as 75 SWIM, 25 KICK

200m PULL as 75 CHOICE, 25 SCULL

200m KICK CHOICE

MAIN SET #1

2x200m SWIM DPS @ 15-20secs REST

2x(3x100m) PULL as

2x100m STRONG @1:40 or 10 secs REST

1x100m MODERATE @2:00 or 20secs REST

6x50m NO FREE SWIM @1:10 or 10-15secs REST

COOL DOWN

100-200m SWIM CHOICE EZ

TOTAL: 2,100-2,200m

EASY

WARM UP

300m CHOICE as 75 SWIM, 25 KICK

200m PULL as 75 CHOICE, 25 SCULL

100m KICK CHOICE

MAIN SET #1

2x150m SWIM DPS @ 15-20secs REST

2x(3x100m) PULL as

2x100m STRONG @2:00 or 10 secs REST

1x100m MODERATE @2:15 or 20secs REST

4x50m NO FREE SWIM @15-20secs REST

COOL DOWN

100-200m SWIM CHOICE EZ

TOTAL: 1,800-1,900m