

SAILFISH

300m WARM-UP EZ

6x50m KICK CHOICE @ 10 secs REST

5x100m FREE PULL @ 10-15 seconds rest
as BP 5,3 /25m

3x300m FREE SWIM @ 5:00
as DESCEND 300 TIMES 1-3

200 COOL DOWN EZ

TOTAL: 2,200m

MARLIN

250m WARM-UP EZ

5x50m KICK CHOICE @ 10 secs REST

4x100m FREE PULL @ 10-15 seconds rest
as BP 5,3 /25m

3x300m FREE SWIM @ 5:30
as DESCEND 300 TIMES 1-3

200 COOL DOWN EZ

TOTAL: 2,000m

SHARK

200m WARM-UP EZ

4x50m KICK CHOICE @ 10 secs REST

3x100m FREE PULL @ 10-15 seconds rest
as BP 5,3 /25m

2x300m FREE SWIM @ 30 secs REST
as DESCEND 300 TIMES 1-2

200 COOL DOWN EZ

TOTAL: 1,500m