SAILFISH	
300m WARM-UP EZ	
6x50m KICK CHOICE @ 10 secs REST	
OXJOIT KICK CHOICE @ 10 3EC3 KEJT	
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	
FyFOm VICV CHOICE @ 10 coco DECT	
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 0001 0001/01 57	
200 COOL DOWN EZ	
TOTAL: 2,000m	
101712. 2,000111	

SHARK	
200m WARM-UP EZ	
4x50m KICK CHOICE @ 10 secs REST	
2.400 FDEE DUIL (C. 40.45	
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	