HARD
WARM UP
200m as SWIM CHOICE
200m CHOICE as 75 PULL, 25 SCULL
200m as SWIM NO FREE
MAIN SET
6x100m FREE SWIM as
2x100m @1:30 or 10-15secs REST
2x100m @1:45 or 20secs REST
2x100m @1:25 or 5-10secs REST
400m FREE PULL DPS
6x50m @1:00 or 15-20secs REST as
ODDS: 50m SWIM CHOICE EZ
EVENS: 50m FREE SWIM BUILD TO FAST!!
COOL DOWN
200m CM/IM CHOICE E7
200m SWIM CHOICE EZ
TOTAL: 2.100m
TOTAL: 2,100m

MEDIUM
WARM UP
200m as SWIM CHOICE
200m CHOICE as 75 PULL, 25 SCULL
200m as SWIM NO FREE
MAIN SET
6x100m FREE SWIM as
2x100m @1:45 or 10-15secs REST
2x100m @2:00 or 20secs REST
2x100m @1:40 or 5-10secs REST
300m FREE PULL DPS
4x50m @1:15 or 15-20secs REST as
ODDS: 50m SWIM CHOICE EZ
EVENS: 50m FREE SWIM BUILD TO FAST!!
COOL DOWN
200m SWIM CHOICE EZ
TOTAL: 1,900m

EASY
WARM UP
200m as SWIM CHOICE
200 CHOICE 75 DILL 25 CCILL
200m CHOICE as 75 PULL, 25 SCULL
100m as SWIM NO FREE
MAIN SET
IVIAIIV SLI
4x100m FREE SWIM as
2x100m @2:15 or 10-15secs REST
2x100m @2:00 or 5-10secs REST
200m FREE PULL DPS
200111 FREE POLL DP3
6x50m @1:00 or 15-20secs REST as
ODDS: 50m SWIM CHOICE EZ
EVENS: 50m FREE SWIM BUILD TO FAST!!
COOL DOWN
COOL DOWN
200m SWIM CHOICE EZ
TOTAL: 1,600m