

## **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 SWIM CHOICE EZ

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

200m CHOICE as 75 PULL, 25 SCULL

100m as SWIM NO FREE

**MAIN SET**

4x100m FREE SWIM as

2x100m @2:15 or 10-15secs REST

2x100m @2:00 or 5-10secs REST

200m 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 SWIM CHOICE EZ

TOTAL: 1,600m