

HARD

TODAY'S GOAL: DPS (DISTANCE-PER-STROKE)

WARM UP

300m SWIM as 75m FREE, 25m NO FREE STROKE

300m PULL as 75m CHOICE, 25m SCULL

200m CHOICE as 50m SWIM, 50m KICK

MAIN SET

3x(3x100m) FREE PULL per round as:

1. 3x100m PBH (PULL BUOY HIGH) @10-15secs REST
2. 3x100m PBL (PULL BUOY LOW) @10-15secs REST
3. 3x100m NO BUOY(PADDLES) @10-15secs REST

2x200m FREE SWIM DISTANCE-PER-STROKE

@3:00 or 10-15secs REST

COOL DOWN

300m SWIM CHOICE EZ

TOTAL: 2,400m

MEDIUM

TODAY'S GOAL: DPS (DISTANCE-PER-STROKE)

WARM UP

300m SWIM as 75m FREE, 25m NO FREE STROKE

300m PULL as 75m CHOICE, 25m SCULL

200m CHOICE as 50m SWIM, 50m KICK

MAIN SET

3x(3x100m) FREE PULL per round as:

1. 3x100m PBH (PULL BUOY HIGH) @10-15secs REST
2. 3x100m PBL (PULL BUOY LOW) @10-15secs REST
3. 3x100m NO BUOY(PADDLES) @10-15secs REST

1x200m FREE SWIM DISTANCE-PER-STROKE

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 2,100m

EASY

TODAY'S GOAL: DPS (DISTANCE-PER-STROKE)

WARM UP

200m SWIM as 75m FREE, 25m NO FREE STROKE

200m PULL as 75m CHOICE, 25m SCULL

200m CHOICE as 50m SWIM, 50m KICK

MAIN SET

2x(3x100m) FREE PULL per round as:

1. 3x100m PBH (PULL BUOY HIGH) @15-20secs REST
2. 3x100m PBL (PULL BUOY LOW) @15-20secs REST

1x200m FREE SWIM DISTANCE-PER-STROKE

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 1,600m