SAILFISH	
300 Warm-up Easy	
500 pull alternate 25s of breathing every 3 then every 5	
6 x 50 alternate 25s of flutter kick and choice of kick @ 10	0 seconds rest
Repeat twice this set below	
200 free @ 15 seconds rest	
3 x 100 free @ 1:35	
100 Cool-down Easy	
TOTAL: 2,200m	

IARLIN	
50 Warm-up Easy	
00 pull alternate 25s of breathing every 3 then every 5	
x 50 alternate 25s of flutter kick and choice of kick @ 10 seconds rest	
epeat twice this set below	
00 free @ 15 seconds rest	
x 100 free @ 1:45	
00 Cool-down Easy	
DTAL: 1,900m	

SHARK	
200 Warm-up Easy	
200 multiple and a contraction of the second	
300 pull alternate 25s of breathing every 3 then every 5	
4 x 50 alternate 25s of flutter kick and choice of kick @ 10 seconds rest	
Repeat twice this set below	
150 free @ 15 seconds rest	
2 x 100 free @ 2:00	
100 Cool-down Easy	
ГОТАL: 1,500m	