

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 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

MARLIN

250 Warm-up Easy

400 pull alternate 25s of breathing every 3 then every 5

5 x 50 alternate 25s of flutter kick and choice of kick @ 10 seconds rest

Repeat twice this set below

200 free @ 15 seconds rest

2 x 100 free @ 1:45

200 Cool-down Easy

TOTAL: 1,900m

SHARK

200 Warm-up Easy

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

TOTAL: 1,500m