

SAILFISH

300 Warm-up Easy

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

5 x 100 pull BP 5,3,3,5/25m @ 10 seconds rest

Ascending Ladder 1,000 @ 15 seconds rest between the steps.

100 IM

200 alternate 100's of choice (no free) and then free

300 alternate 50's of choice (no free) and then free

400 free (Time yourself)

100 Cool-down Easy

TOTAL: 2,200m

MARLIN

250 Warm-up Easy

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

4 x 100 pull BP 5,3,3,5/25m @ 10 seconds rest

Ascending Ladder 900 @ 20 seconds rest between the steps.

200 alternate 100 IM and then 100 free

300 alternate 50's of choice (no free) and then free

400 free (Time yourself)

100 Cool-down Easy

TOTAL: 2,000m

SHARK

200 Warm-up Easy

4 x 50 kick alternate 25s of flutter and choice @ 15 seconds rest

4 x 100 pull BP 5,3,3,5/25m @ 15 seconds rest

Ascending Ladder 700 @ 30 seconds rest between the steps.

100 IM

200 alternate 100 of choice (no free) and then 100 free

400 free (Time yourself)

100 Cool-down Easy

TOTAL: 1,500m