

**HARD**

**WARM UP**

**+ REST: :30 AFTER EACH ROUND/SET**

1. 300m SWIM CHOICE

2. 300m PULL as 25m SCULL, 75m CHOICE

3. 3x100m as 25m Free Kick Drill, 75m Swim Choice @10-15secs REST

4. 3x100m FREE Pull BP 3,5/50m @1:40 or 10-15secs REST

5. 2x150m FREE Swim D1-2 @2:30 or 15-20secs REST

6. 4x50m CHOICE **\*\*VARIABLES** @ 15-20secs REST

7. 2x100m FREE PULL @ 1:30 or 10-15secs REST

2x100m FREE PULL @ 1:50 or 15-20secs REST

2x100m FREE PULL @ 1:25 or 5-10secs REST

8. 100m Swim Choice EZ

TOTAL: 2,400m

**\*\*VARIABLES = 1x50m as 25 FAST & 25m EZ**

**1x50m as 25m EZ & 25m FAST**

**1x50m as ALL FAST!!!**

**1x50m as EZ**

**MEDIUM**

**WARM UP**

**+ REST: :30 AFTER EACH ROUND/SET**

1. 300m SWIM CHOICE

2. 300m PULL as 25m SCULL, 75m CHOICE

3. 2x100m as 25m Free Kick Drill, 75m Swim Choice @10-15secs REST

4. 2x150m FREE Swim D1-2 @3:00 or 15-20secs REST

5. 4x50m CHOICE **\*\*VARIABLES** @ 15-20secs REST

6. 2x100m FREE PULL @ 1:50 or 10-15secs REST

2x100m FREE PULL @ 2:00 or 15-20secs REST

2x100m FREE PULL @ 1:45 or 5-10secs REST

7. 100m Swim Choice EZ

TOTAL: 2,000m

**\*\*VARIABLES = 1x50m as 25 FAST & 25m EZ**

**1x50m as 25m EZ & 25m FAST**

**1x50m as ALL FAST!!!**

**1x50m as EZ**

**EASY**

**WARM UP**

**+ REST: :60 AFTER EACH ROUND/SET**

1. 300m SWIM CHOICE

2. 200m PULL as 25m SCULL, 75m CHOICE

3. 2x100m as 25m Free Kick Drill, 75m Swim Choice @10-15secs REST

4. 2x100m FREE Pull BP 3,4/50m @2:00 or 10-15secs REST

5. 4x50m CHOICE **\*\*VARIABLES** @ 15-20secs REST

6. 1x100m FREE SWIM @ 10-15secs REST

1x100m FREE SWIM @ 15-20secs REST

2x100m FREE SWIM @ 5-10secs REST

7. 100m Swim Choice EZ

TOTAL: 1,700m

**\*\*VARIABLES = 1x50m as 25 FAST & 25m EZ**

**1x50m as 25m EZ & 25m FAST**

**1x50m as ALL FAST!!!**

**1x50m as EZ**