

## **HARD**

### **WARM UP**

300m SWIM as 100m FREE, 50m NO FREE

300m PULL CHOICE

200m CHOICE as 50m KICK, 50m SWIM

100m SWIM CHOICE EZ

### **MAIN SET**

2x(4x100m) PULL as

3x100m DESCEND 1-3 @1:40

1x100m MODERATE BP 5 @2:00

4x(2x50m) @1:00 or 10-15 secs REST

as 1x50m KICK CHOICE

1x50m as 25m NO BREATHING, 25m CHOICE EZ

### **COOL DOWN**

200m CHOICE EZ

**TOTAL: 2,300m**

## **MEDIUM**

### **WARM UP**

300m SWIM as 100m FREE, 50m NO FREE

200m PULL CHOICE

200m CHOICE as 50m KICK, 50m SWIM

100m SWIM CHOICE EZ

### **MAIN SET**

2x(3x100m) PULL as

2x100m DESCEND 1-2 @1:50

1x100m MODERATE BP 5 @2:20

4x(2x50m) @1:15 or 20 secs REST

as 1x50m KICK CHOICE

1x50m as 25m NO BREATHING, 25m CHOICE EZ

### **COOL DOWN**

200m CHOICE EZ

**TOTAL: 2,000m**

## **EASY**

### **WARM UP**

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

200m PULL CHOICE

200m CHOICE as 50m KICK, 50m SWIM

100m SWIM CHOICE EZ

### **MAIN SET**

2x(2x100m) PULL as

1x100m STRONG @2:00

1x100m MODERATE BP 5 @2:30

4x(2x50m) @1:30 or 20 secs REST

as 1x50m KICK CHOICE

1x50m as 25m NO BREATHING, 25m CHOICE EZ

### **COOL DOWN**

200m CHOICE EZ

**TOTAL: 1,700m**