

FAST

WARM UP

400m SWIM as 75m CHOICE, 25m NO FREE

300m PULL as 75m CHOICE, 25m SCULL

200m KICK CHOICE

MAIN SET

2x200m FREE SWIM @15-20 secs REST

4x100m FREE PULL @10-15secs REST

8x50m SWIM CHOICE @5-10secs REST

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 2,300m

MEDIUM

WARM UP

300m SWIM as 75m CHOICE, 25m NO FREE

300m PULL as 75m CHOICE, 25m SCULL

200m CHOICE as 50m DRILL, 50m KICK

MAIN SET

2x200m FREE SWIM @15-20 secs REST

3x100m FREE PULL @10-15secs REST

6x50m SWIM CHOICE @5-10secs REST

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 2,000m

EASY

WARM UP

300m SWIM as 75m CHOICE, 25m NO FREE

200m PULL as 75m CHOICE, 25m SCULL

100m KICK CHOICE

MAIN SET

2x150m FREE SWIM @15-20 secs REST

3x100m FREE PULL @10-15secs REST

6x50m SWIM CHOICE @5-10secs REST

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 1,700m