

FAST

WARM UP

300m as 75 SWIM CHOICE, 25m SCULL

250m as PULL CHOICE

200m as 50 DRILL TECHNIQUE, 50 SWIM CHOICE

150m as CHOICE KICK

100m as SWIM CHOICE EZ

MAIN SET

3x200m @20 secs rest PULL

DESCEND 200's SPEED 1-3

2x200m @20 secs REST SWIM

DESCEND 50'S SPEED 1-4 WITHIN EACH 200m

COOL DOWN

100m KICK DRILL CHOICE

200m SWIM CHOICE EZ

TOTAL: 2,300m

MEDIUM

WARM UP

300m as 75 SWIM CHOICE, 25m SCULL

250m as PULL CHOICE

200m as 50 DRILL TECHNIQUE, 50 SWIM CHOICE

150m as CHOICE KICK

100m as SWIM CHOICE EZ

MAIN SET

2x200m @20 secs REST PULL

DESCEND 200's SPEED 1-2

2x200m @20 secs REST SWIM

DESCEND 50'S SPEED 1-4 WITHIN EACH 200m

COOL DOWN

100m KICK DRILL CHOICE

200m SWIM CHOICE EZ

TOTAL: 2,100m

EASY

WARM UP

250m as SWIM CHOICE

200m as 75 PULL CHOICE, 25m SCULL

150m as 50 SWIM CHOICE, 25 FREE KICK DRILL

100m as SWIM CHOICE EZ

MAIN SET

4x100m @20 secs rest PULL

BREATHING PATTERN 3,5/50m each

4x100m @20 secs REST SWIM

DESCEND 100's SPEED 1-4

COOL DOWN

100m KICK DRILL CHOICE

200m SWIM CHOICE EZ

TOTAL: 1,800m