

FAST

WARM UP

4x150m CHOICE as 100 SWIM, 50 KICK @15-20secs REST

4x75m PULL as 50 CHOICE, 25 SCULL @10-15secs REST

MAIN SET

1x400 FREE PULL @30secs REST

as(BP 2,3,4,5/50m each)

2x200m @20 secs REST SWIM

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

4x50m SWIM @10-15secs REST

as 25m NO BREATHS, 25m EASY SWIM

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 2,100m

MEDIUM

WARM UP

4x150m CHOICE as 100 SWIM, 50 KICK @15-20secs REST

4x75m PULL as 50 CHOICE, 25 SCULL @10-15secs REST

MAIN SET

1x300 FREE PULL @30secs REST

as(BP 3,4,5/50m each)

2x150m @20 secs REST SWIM

as DESCEND 50'S SPEED 1-3 WITHIN EACH 150m

4x50m SWIM @10-15secs REST

as 25m NO BREATHS, 25m EASY SWIM

COOL DOWN

200-300m SWIM CHOICE EZ

TOTAL: 1,900-2,000m

EASY

WARM UP

4x100m CHOICE as 75 SWIM, 25 KICK @15-20secs REST

4x75m PULL as 50 CHOICE, 25 SCULL @10-15secs REST

MAIN SET

1x300 FREE PULL @30secs REST

as(BP 3,4,5/50m each)

2x150m @20 secs REST SWIM

as DESCEND 50'S SPEED 1-3 WITHIN EACH 150m

4x50m SWIM @10-15secs REST

as 25m NO BREATHS, 25m EASY SWIM

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 1,700m