

## **FAST**

## **WARM UP**

3x200m CHOICE @15-20secs REST  
as 150m SWIM, 50m KICK

2x200m PULL @15-20secs REST  
as 175m FREE, 25m SCULL

## **MAIN SET #1**

2x(4x100m) SWIM as  
3x100m STRONG @1:35 or 10 secs REST  
1x100m MODERATE BP 5 @2:00 or 20secs REST

400 FREE PULL  
as BP 2,3,4,5 /50m EACH

## **COOL DOWN**

200m SWIM CHOICE EZ

TOTAL: 2,400m

## **MEDIUM**

### **WARM UP**

3x200m CHOICE @15-20secs REST  
as 150m SWIM, 50m KICK

2x150m PULL @15-20secs REST  
as 125m FREE, 25m SCULL

### **MAIN SET #1**

2x(4x100m) SWIM as  
3x100m STRONG @1:45 or 10-15 secs REST  
1x100m MODERATE BP 5 @2:00 or 15-20secs REST

300 FREE PULL  
as BP 3,4,5 /50m EACH

### **COOL DOWN**

200m SWIM CHOICE EZ

TOTAL: 2,200m

## **EASY**

## **WARM UP**

2x200m SWIM @15-20secs REST  
as 150m CHOICE, 50m NO FREE

2x150m PULL @15-20secs REST  
as 125m FREE, 25m SCULL

## **MAIN SET #1**

2x(3x100m) SWIM as  
2x100m STRONG @10-15 secs REST  
1x100m MODERATE @15-20secs REST

300 FREE PULL  
as BP 3,4,5 /50m EACH

## **COOL DOWN**

200m SWIM CHOICE EZ

TOTAL: 1,800m