

SAILFISH

300m WARM-UP EZ

5x100m PULL @ 10 seconds rest
as alt FREE BP 3,5/25m

6x50m KICK @ 10 seconds rest
as alt 25m FLUTTER/FREE KICK
25m CHOICE KICK

10x100m FREE SWIM @1:40

100 COOL DOWN EZ

TOTAL: 2,200m

MARLIN

250m WARM-UP EZ

4x100m PULL @ 10 seconds rest
as alt FREE BP 3,5/25m

5x50m KICK @ 10 seconds rest
as alt 25m FLUTTER/FREE KICK
25m CHOICE KICK

9x100m FREE SWIM @1:50

100 COOL DOWN EZ

TOTAL: 1,900m

SHARK

200m WARM-UP EZ

3x100m PULL @ 15 seconds rest
as alt FREE BP 3,5/25m

4x50m KICK @ 15 seconds rest
as alt 25m FLUTTER/FREE KICK
25m CHOICE KICK

7x100m FREE SWIM @2:10

100 COOL DOWN EZ

TOTAL: 1,500m