

## SAILFISH

300m WARM-UP EZ

5x100m FREE DRILLS @ 10 seconds rest  
as alt 25m LEFT SINGLE ARM

25m RIGHT SINGLE ARM

25m THUMBS UP THE SIDE

25m CATCH-UP

6x200m SWIM @ 3:30

as repeat: 75m FREEE

25m CHOICE

200 COOL DOWN EZ

TOTAL: 2,200m

## MARLIN

250m WARM-UP EZ

5x100m FREE DRILLS @ 10 seconds rest  
as alt 25m LEFT SINGLE ARM

25m RIGHT SINGLE ARM

25m THUMBS UP THE SIDE

25m CATCH-UP

5x200m SWIM @ 3:45

as repeat: 75m FREEE

25m CHOICE

200 COOL DOWN EZ

TOTAL: 1,950m

## SHARK

200m WARM-UP EZ

3x100m FREE DRILLS @ 15 seconds rest  
as alt 25m LEFT SINGLE ARM

25m RIGHT SINGLE ARM

25m THUMBS UP THE SIDE

25m CATCH-UP

4x200m SWIM @ 30 seconds rest  
as repeat: 75m FREEE

25m CHOICE

200 COOL DOWN EZ

TOTAL: 1,500m