

**HARD**

**WARM UP**

300m SWIM CHOICE DPS

300m PULL

as 75m CHOICE, 25m SCULL

**MAIN SET #1**

4x100m FREE SWIM DESCEND 1-4

@5-10secs REST or @1:30/1:35 PACE

***+ 15-30 secs REST***

1x400m FREE PULL @10-15secs REST

BP 2,3,4,5/50m

*(REPEAT MAIN SET x2)*

**COOL DOWN**

100m KICK CHOICE

200m SWIM CHOICE EZ

TOTAL: 2,500m

**MEDIUM**

**WARM UP**

300m SWIM CHOICE DPS

300m PULL

as 75m CHOICE, 25m SCULL

**MAIN SET #1**

3x100m FREE SWIM DESCEND 1-3

@5-10secs REST or @1:45/1:50 PACE

***+ 15-30 secs REST***

1x400m FREE PULL @10-15secs REST

BP 2,3,4,5/50m

*(REPEAT MAIN SET x2)*

**COOL DOWN**

200m SWIM CHOICE EZ

TOTAL: 2,200m

**EASY**

**WARM UP**

300m SWIM CHOICE DPS

200m PULL

as 75m CHOICE, 25m SCULL

**MAIN SET #1**

3x100m FREE SWIM DESCEND 1-3

@5-10secs REST or @2:00/2:15 PACE

***+ 15-30 secs REST***

1x300m FREE PULL @10-15secs REST

BP 2,3,4/50m

*(REPEAT MAIN SET x2)*

**COOL DOWN**

200m SWIM CHOICE EZ

TOTAL: 1,900m