

HARD

WARM UP

2x200m CHOICE @10-15secs REST
as 150m SWIM, 50m KICK

2x200m PULL @10-15secs REST
as 175m FREE, 25m SCULL

MAIN SET #1

3x100m as SWIM CHOICE @10-15secs REST

3x100m as PULL CHOICE @10-15secs REST

3x100m as SWIM 25m FAST!!!,75m EZ @20secs REST

3x100m as I.M. KICK @15-20secs REST

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 2,200m

MEDIUM

WARM UP

2x200m CHOICE @10-15secs REST
as 150m SWIM, 50m KICK

2x200m PULL @10-15secs REST
as 175m FREE, 25m SCULL

MAIN SET #1

3x100m as SWIM CHOICE @10-15secs REST

3x100m as PULL CHOICE @10-15secs REST

3x100m as SWIM 25m FAST!!!,75m EZ @20secs REST

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 1,900m

EASY

WARM UP

2x200m CHOICE @10-15secs REST
as 150m SWIM, 50m KICK

1x200m PULL @10-15secs REST
as 175m FREE, 25m SCULL

MAIN SET #1

3x100m as SWIM CHOICE @15-20secs REST

3x100m as PULL CHOICE @15-20secs REST

3x100m as SWIM 25m FAST!!!,75m EZ @20secs REST

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 1,700m