

## **HARD**

### **WARM UP**

400m SWIM CHOICE

\*(LONG STROKES & STRETCH OUT STROKES)

### **MAIN SET**

*2 FULL ROUNDS OF MAIN SET*

**ROUND 1: FREE SWIM**

**ROUND 2: FREE PULL**

300m FREE MODERATE @5:00 or 15-20secs REST

3x100m FREE @1:35 or 5-10secs REST D1-3

4x50m FREE @1:00 10-15secs REST

as 25m NO BREATHING, 25m EZ

***+1:00 MIN REST IN BETWEEN ROUNDS***

### **COOL DOWN**

200m SWIM CHOICE EZ

TOTAL: 2,200m

## **MEDIUM**

### **WARM UP**

300m SWIM CHOICE

\*(LONG STROKES & STRETCH OUT STROKES)

### **MAIN SET**

*2 FULL ROUNDS OF MAIN SET*

**ROUND 1: FREE SWIM**

**ROUND 2: FREE PULL**

200m FREE MODERATE @4:00 or 15-20secs REST

3x100m FREE @1:55 or 5-10secs REST D1-3

4x50m FREE @1:10 10-15secs REST

as 25m NO BREATHING, 25m SWIM EZ

***+1:00 MIN REST IN BETWEEN ROUNDS***

### **COOL DOWN**

200m SWIM CHOICE EZ

TOTAL: 1,900m

## **EASY**

### **WARM UP**

300m SWIM CHOICE

\*(LONG STROKES & STRETCH OUT STROKES)

### **MAIN SET**

*2 FULL ROUNDS OF MAIN SET*

**ROUND 1: FREE SWIM**

**ROUND 2: FREE PULL**

200m FREE MODERATE @4:30 or 15-20secs REST

2x100m FREE @2:15 or 5-10secs REST D1-2

4x50m FREE @1:20 or 10-15secs REST

as 25m NO BREATHING, 25m SWIM EZ

***+1:00 MIN REST IN BETWEEN ROUNDS***

### **COOL DOWN**

200m SWIM CHOICE EZ

TOTAL: 1,700m