

HARD

WARM UP

300 Swim Choice

MAIN SET

2x400m PULL DESCEND 1-2 @6:00 or 15-20secs REST

2x200m SWIM NEGATIVE SPLIT each 200m @3:10 or 10-15secs REST

6x100m PULL BP 3,5 or 2,4 /50m @1:35 or 5-10secs REST

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

COOL DOWN

200 SWIM EZ

TOTAL: 2,500m

MEDIUM

WARM UP

300 Swim Choice

MAIN SET

2x300m PULL DESCEND 1-2 @6:00 or 15-20secs REST

2x200m SWIM NEGATIVE SPLIT each 200m @4:00 or 10-15secs REST

4x100m PULL BP 3,5 or 2,4 /50m @2:00 or 5-10secs REST

4x50m FREE KICK @1:30 or 10-15secs REST

COOL DOWN

200 SWIM EZ

TOTAL: 2,100m

EASY

WARM UP

300 Swim Choice

MAIN SET

1x300m PULL DISTANCE-PER-STROKE

2x200m SWIM NEGATIVE SPLIT each 200m @15-20secs REST

4x100m PULL BP 3,5 or 2,4 /50m @10-15secs REST

4x50m FREE KICK @15-20secs REST

COOL DOWN

200 SWIM EZ

TOTAL: 1,800m