

SAILFISH

300 Warm-up Easy

6 x 50 alternate 25s 6 kicks to one stroke and then regular freestyle @ 10 seconds rest

10 x 50 pull alternate 25s count strokes then count breaths @ 50

1000 Down and Up Ladder – alternate 25s free then choice (no free)

200 @ 3:30

150 @ 2:40

100 @ 1:50

50 @ 55

50 @ 55

100 @ 1:50

150 @ 2:40

200 @ 3:30

100 Cool-down Easy

Total: 2,200m

MARLIN

250 Warm-up Easy

5 x 50 alternate 25s 6 kicks to one stroke and then regular freestyle @ 10 seconds rest

8 x 50 pull alternate 25s count strokes then count breaths @ 55

900 Down and Up Ladder – alternate 25s free then choice (no free)

200 @ 3:45

150 @ 2:55

100 @ 1:55

100 @ 1:55

150 @ 2:55

200 @ 3:45

100 Cool-down Easy

TOTAL: 1,900m

SHARK

200 Warm-up Easy

4 x 50 alternate 25s 6 kicks to one stroke and then regular freestyle @ 15 seconds rest

6 x 50 pull alternate 25s count strokes then count breaths @ 1:05

700 Down and Up Ladder – alternate 25s free then choice (no free)

200 @ 4:20

100 @ 2:15

50 @ 1:10

50 @ 1:10

100 @ 2:15

200 @ 4:20

100 Cool-down Easy

TOTAL: 1,500m