

SAILFISH

300 Warm-up Easy

3 x 100 stroke work 10 seconds rest

as alternate 25m left arm only back

25m right arm only back

25m thumbs up the side

25m catch-up

8 x 75 pull alternate 25s of 3, 4, 5 breathing @ 1:15

8 x 100 alt 50 back and 50 free @ 1:50

200 Cool-down Easy

TOTAL: 2,200m

MARLIN

250 Warm-up Easy

3 x 100 stroke work 10 seconds rest
as alternate 25m left arm only back

25m right arm only back

25m thumbs up the side

25m catch-up

6 x 75 pull alternate 25s of 3, 4, 5 breathing @ 1:25

7 x 100 alt 50 back and 50 free @ 2:00

200 Cool-down Easy

TOTAL: 1,950m

SHARK

200 Warm-up Easy

2 x 100 stroke work 15 seconds rest

as alternate 25m left arm only back

25m right arm only back

25m thumbs up the side

25m catch-up

6 x 75 pull alternate 25s of 3, 4, 5 breathing @ 15 seconds rest

5 x 100 alt 50 back and 50 free @ 15 seconds rest

200 Cool-down Easy

TOTAL: 1,550m