

HARD

WARM UP

****QUICK TURNAROUND BETWEEN SETS***

1. 200m SWIM CHOICE

2. 300m PULL as 75m CHOICE, 25m SCULL

3. 200m KICK CHOICE

4. 2x300m FREE PULL BP 3,4,5 /50m @15-20secs REST

5. 4x100m FREE SWIM DESCEND1-4 @1:40 or 10-15secs REST

6. 4x75m CHOICE as 50 SWIM, 25m KICK @ 1:30 or 10-15secs REST

7. 4x50m as 25m NO BREATHING, 25m CHOICE EZ @15-20secs REST

8. 200m Swim Choice EZ

TOTAL: 2,400m

MEDIUM

WARM UP

****QUICK TURNAROUND BETWEEN SETS***

1. 200m SWIM CHOICE

2. 200m PULL as 75m CHOICE, 25m SCULL

3. 200m KICK CHOICE

4. 2x300m FREE PULL BP 3,4,5 /50m @15-20secs REST

5. 3x100m FREE SWIM DESCEND1-3 @1:55 or 10-15secs REST

6. 4x75m CHOICE as 50 SWIM, 25m KICK @ 1:45 or 10-15secs REST

7. 4x50m as 25m NO BREATHING, 25m CHOICE EZ @15-20secs REST

8. 100m Swim Choice EZ

TOTAL: 2,100m

EASY

WARM UP

****QUICK TURNAROUND BETWEEN SETS***

1. 200m SWIM CHOICE

2. 200m PULL as 75m CHOICE, 25m SCULL

3. 2x200m FREE PULL BP 3,4 /50m @15-20secs REST

4. 3x100m FREE SWIM DESCEND1-3 @2:10 or 10-15secs REST

5. 4x75m CHOICE as 50 SWIM, 25m KICK @ 2:00 or 10-15secs REST

6. 4x50m as 25m NO BREATHING, 25m CHOICE EZ @15-20secs REST

7. 100m Swim Choice EZ

TOTAL: 1,700m