

## HARD

## WARM UP

1. 300m CHOICE as 75m SWIM, 25m SCULL
2. 300m FREE PULL BP 3,4,5/50m (x2)
3. 4x150m CHOICE as 100m SWIM, 50m KICK @15-20secs REST
4. 2x150m FREE PULL DESCEND 50'S 1-3 WITHIN @15-20secs REST
5. 8x50m SWIM VARIABLES @1:00 or 15-20secs REST

REPEAT x2 as

1x50m 25m EZ, 25 FAST

1x50m 25m FAST, 25 EZ

1x50m EZ

1x50m FAST!!!

6. 300m Swim Choice EZ

TOTAL: 2,200m

## MEDIUM

### WARM UP

1. 300m CHOICE as 75m SWIM, 25m SCULL
2. 300m FREE PULL BP 2,3,4/50m (x2)
3. 4x100m CHOICE as 75m SWIM, 50m KICK @15-20secs REST
4. 2x150m FREE PULL DESCEND 50'S 1-3 WITHIN @15-20secs REST
5. 6x50m SWIM VARIABLES @1:15 or 15-20secs REST  
REPEAT x2 as
  - 1x50m 25m EZ, 25 FAST
  - 1x50m 25m FAST, 25 EZ
  - 1x50m EZ
6. 200m Swim Choice EZ

TOTAL: 1,800m

## EASY

## WARM UP

1. 300m CHOICE as 75m SWIM, 25m SCULL
2. 200m FREE PULL BP 3,4/50m (x2)
3. 2x100m CHOICE as 75m SWIM, 50m KICK @15-20secs REST
4. 2x150m FREE PULL DESCEND 50'S 1-3 WITHIN @15-20secs REST
5. 6x50m SWIM VARIABLES @20-30secs REST  
REPEAT x2 as
  - 1x50m 25m EZ, 25 FAST
  - 1x50m 25m FAST, 25 EZ
  - 1x50m EZ
6. 200m Swim Choice EZ

TOTAL: 1,500m