

**HARD****WARM UP**

300m as 75 SWIM CHOICE, 25m SCULL

250m as FREE PULL BP 5

200m as IM DRILL

150m as CHOICE KICK

**MAIN SET**

3x200m PULL @3:15 or 15-20 secs REST

DESCEND 1-3 200'S

2x200m SWIM @3:15 or 15-20 secs REST

DESCEND 1-2 200'S (FROM PULL TIME)

3x100m CHOICE SWIM @2:00

as 75m EZ, 25m FAST!!!

**COOL DOWN**

200m CHOICE EZ

**TOTAL: 2,400m**

**MEDIUM****WARM UP**

300m as 75 SWIM CHOICE, 25m SCULL

250m as FREE PULL BP 5

200m as IM DRILL

150m as CHOICE KICK

**MAIN SET**

2x200m PULL @3:40 or 15-20 secs REST

DESCEND 1-2 200'S

2x200m SWIM @3:40 or 15-20 secs REST

DESCEND 1-2 200'S (FROM PULL TIME)

2x100m CHOICE SWIM @2:30

as 75m EZ, 25m FAST!!!

**COOL DOWN**

200m CHOICE EZ

**TOTAL: 2,100m**

**EASY**

**WARM UP**

250m as SWIM CHOICE

200m as FREE PULL BP 2,3 /50m

150m as CHOICE KICK

**MAIN SET**

2x200m PULL @4:00 or 15-20 secs REST

DESCEND 1-2 200'S

2x200m SWIM @4:00 or 15-20 secs REST

DESCEND 1-2 200'S (FROM PULL TIME)

2x100m CHOICE SWIM @3:00

as 75m EZ, 25m FAST!!!

**COOL DOWN**

200m CHOICE EZ

**TOTAL: 1,800m**