

FAST

WARM UP

400m SWIM CHOICE DPS STRETCH IT OUT
(DPS = DISTANCE PER STROKE)

MAIN SET

2x300m FREE PULL BP 2,3,4/50m @30 secs REST

4x150m FREE SWIM @10-15secs REST

4x75m CHOICE SWIM @15-20secs REST
as 25m FAST, 50m EZ

300 IMO as 25m DRILL, 50m KICK

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 2,400m

MEDIUM

WARM UP

400m SWIM CHOICE DPS STRETCH IT OUT
(DPS = DISTANCE PER STROKE)

MAIN SET

2x300m FREE PULL BP 2,3,4/50m @30 secs REST

4x150m FREE SWIM @10-15secs REST

4x75m CHOICE SWIM @15-20secs REST
as 25m FAST, 50m EZ

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 2,100m

EASY

WARM UP

400m SWIM CHOICE DPS STRETCH IT OUT
(DPS = DISTANCE PER STROKE)

MAIN SET

2x200m FREE PULL BP 3,4/50m @30 secs REST

4x100m FREE SWIM @10-15secs REST

6x75m CHOICE SWIM @15-20secs REST
as 25m FAST, 50m EZ

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 1,850m