

## SAILFISH

300m WARM-UP EZ

6x50m @ 10 seconds rest  
as alt 25m thumbs up the side  
25m catch-up freestyle

10x50m PULL @:50s

10x100m SWIM @1:45

100 COOL DOWN EZ

TOTAL: 2,200m

## MARLIN

250m WARM-UP EZ

5x50m @ 10 seconds rest

as alt 25m thumbs up the side

25m catch-up freestyle

8x50m PULL @:55s

9x100m SWIM @1:55

100 COOL DOWN EZ

TOTAL: 1,900m

## SHARK

200m WARM-UP EZ

4x50m @ 15 seconds rest  
as alt 25m thumbs up the side  
25m catch-up freestyle

6x50m PULL @:50s

7x100m SWIM @2:15

100 COOL DOWN EZ

TOTAL: 1,500m