

HARD

WARM UP

300m SWIM CHOICE

300m FREE PULL BP 3,4,5/50m

200m CHOICE as 75m SWIM, 25m SCULL

MAIN SET #1

1x400m FREE PULL DPS

(DPS = DISTANCE-PER-STROKE)

2x200m FREE SWIM @10-15secs REST

4x100m CHOICE @5-10secs REST

as 50m SWIM, 50m KICK NB

(NB = NO BOARD)

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 2,200m

MEDIUM

WARM UP

300m SWIM CHOICE

200m FREE PULL BP 3,4/50m

200m CHOICE as 75m SWIM, 25m SCULL

MAIN SET #1

1x400m FREE PULL DPS
(DPS = DISTANCE-PER-STROKE)

2x200m FREE SWIM @10-15secs REST

3x100m CHOICE @5-10secs REST
as 50m SWIM, 50m KICK NB
(NB = NO BOARD)

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 2,000m

EASY

WARM UP

200m SWIM CHOICE

200m FREE PULL BP 3,4,5/50m

200m CHOICE as 75m SWIM, 25m SCULL

MAIN SET #1

1x300m FREE PULL DPS
(DPS = DISTANCE-PER-STROKE)

2x150m FREE SWIM @10-15secs REST

3x100m CHOICE @5-10secs REST
as 50m SWIM, 50m KICK NB
(NB = NO BOARD)

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 1,700m