

HARD

WARM UP

300m as 75 SWIM CHOICE, 25m SCULL

250m as FREE PULL BP 3,5/50m

200m as CHOICE KICK

150m as SWIM NO FREE

MAIN SET #1

2x300m FREE @10-15secs REST
as 100 SWIM, 50 KICK(repeat)

3x200m FREE PULL @10-15secs REST

3x100m FREE SWIM @5-10secs REST
as 80-100% EFFORT

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 2,600m

MEDIUM

WARM UP

300m as 75 SWIM CHOICE, 25m SCULL

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

200m as CHOICE KICK

MAIN SET #1

2x300m FREE @10-15secs REST
as 100 SWIM, 50 KICK(repeat)

2x200m FREE PULL @10-15secs REST

3x100m FREE SWIM @5-10secs REST
as 80-100% EFFORT

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 2,200m

EASY

WARM UP

300m as 75 SWIM CHOICE, 25m SCULL

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

200m as SWIM NO FREE

MAIN SET #1

1x300m FREE
as 100 SWIM, 50 KICK(repeat)

2x200m FREE PULL @10-15secs REST

3x100m FREE SWIM @5-10secs REST
as 80-100% EFFORT

COOL DOWN

200m SWIM CHOICE EZ

TOTAL: 1,900m