

HARD

WARM UP

****QUICK TURNAROUND BETWEEN SETS***

1. 300m CHOICE as 100m SWIM, 50m KICK

2. 2x200m PULL BP 2,3,4,5/50m @ 15-20secs REST

3. 4x100m FREE SWIM EVEN SPLIT @1:30 or 5-10secs REST

4. 2x150m FREE PULL DESCEND 50'S 1-3 WITHIN @15-20secs REST

5. 4x100m CHOICE as 25m FAST!!!, 75m EZ @2:00 or 30secs REST

6. 4x75m KICK as 25m FREE, 50m CHOICE @ 1:30 or 15-20secs REST

7. 200 IM SWIM STRONG

8. 200m Swim Choice EZ

TOTAL: 2,500m

MEDIUM

WARM UP

****QUICK TURNAROUND BETWEEN SETS***

1. 300m CHOICE as 75m SWIM, 25m KICK
2. 2x200m PULL BP 2,3,4,5/50m @ 15-20secs REST
3. 3x100m FREE SWIM EVEN SPLIT @1:50 or 5-10secs REST
4. 2x150m FREE PULL DESCEND 50'S 1-3 WITHIN @15-20secs REST
5. 3x100m CHOICE as 25m FAST!!!, 75m EZ @2:00 or 30secs REST
6. 4x50m KICK as 25m FREE, 25m CHOICE @ 1:30 or 15-20secs REST
7. 200 IM SWIM STRONG
8. 200m Swim Choice EZ

TOTAL: 2,200m

EASY

WARM UP

****QUICK TURNAROUND BETWEEN SETS***

1. 200m CHOICE as 75m SWIM, 25m KICK

2. 2x150m PULL BP 2,3,4/50m @ 15-20secs REST

3. 2x100m FREE SWIM EVEN SPLIT @2:15 or 5-10secs REST

4. 2x150m FREE PULL DESCEND 50'S 1-3 WITHIN @15-20secs REST

5. 2x100m CHOICE as 25m FAST!!!, 75m EZ @30secs REST

6. 4x50m KICK as 25m FREE, 25m CHOICE @ 1:45 or 15-20secs REST

7. 100 IM SWIM STRONG

8. 200m Swim Choice EZ

TOTAL: 1,700m