

Warm Up-

1x75 oc swim 1:20

2x25 :40 o- ms e- fc (min 6 uw k 4 strokes max)

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Main set-

400 max ms 8:00

300 max ms 6:00

200 max ms 4:00

100 max ms 2:00

50 max ms 1:00

2x200 rec 1- fc 3:45 2- bk 4:00

200 rec k

400 max fc 7:20

300 max fc 5:30

200 max fc 3:40

100 max fc 1:50

50 max fc :55

Warm Up-

FINS

150 fc 2:20

50 ms (25 controlled 25 max) 1:15

150 fc 2:20

50 ms (25 controlled 25 max) 1:15

150 fc 2:20

50 ms (25 controlled 25 max) 1:15

Main Set-

400 fc 6:20

2x200 fc 3:15

2x100 bk 1:40

2x100 fc 1:35

400 fc 6:20

2x200 fc 3:15

2x100 bk 1:40

2x100 fc 1:35

400 fc 6:20

2x200 fc 3:10

2x100 bk 1:40

2x100 fc 1:35

Warm Up-

2x100 o- fc 1:45 e- bk 1:50
3x25 :35 1- fly 2- m/s 3- fc
2x100 o- fc 1:50 e- bk 1:55
3x25 :35 1- fly 2- m/s 3- fc
2x100 o- fc 1:45 e- bk 1:50
3x25 :35 1- fly 2- m/s 3- fc
2x100 o- fc 1:45 e- bk 1:50
3x25 :35 1- fly 2- m/s 3- fc

Pre Set-

paddles bands pull
1x400 fc 7:00
2x200 fc 3:40
4x100 fc 1:45

Main Set-

2x150 k ms 4:00 (under 200 pb)
1:00 rest
2x75 k ms 2:00 (under 100 pb)
1:00 rest
4x25 k ms :45

2x150 k fc 4:00 (under 200 pb)
1:00 rest
2x75 k fc 2:00 (under 100 pb)
1:00 rest
4x25 k fc :45

Warm Up-

400 oc swim

200 oc k

Fly Set-

FINS ON MAX

4x25 fly max fc k :35

4x50 (1 length and a half 1/1/1 fast half a length max fly) 1:30

4x25 fly max fc k :35

4x50 (1 length and a half 1/1/1 fast half a length max fly) 1:30

4x25 fly max fc k :35

4x50 (1 length and a half 1/1/1 fast half a length max fly) 1:30

Main Set-

ALL IM WORK MAX SWIM

4x25 fly :35

4x50 (bk brst) 1:10

4x25 fc :30

200 rec 4:00

4x25 fly :35

4x50 (bk brst) 1:10

4x25 fc :30

200 rec 4:00

4x25 fly :35

4x50 (bk brst) 1:10

4x25 fc :30

200 rec 4:00

Warm Up-

- 4x100 fc desc 1-3 hold 4 1:50
- 4x100 ms desc 1-3 hold 4 2:00
- 4x50 ms (25 rp k 25 rp sw) 1:30

- 4x50 fc high arm rec drill wf 1:15

Main Set-

- 200 Hard m/s 2:55
- 200 Rec 3:45
- 200 Hard m/s 2:55
- 200 Rec 3:45
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- 200 Rec 3:45
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- 200 Rec 3:45
- 200 Hard m/s 2:55
- 200 Rec 3:45

Cool Down-

- 400 oc swim