

Number 1:

400 Free / 3x100 IM / 200 Pull / 100 Kick

2x through: kick first set dolphin, second choice

4\*50 descend 1:00

4\*25 15 M sprint :45.

3\*150 Free EN 3/1/3 2:30

16\*75 SW/IM 1:20. 1-8 last 25 Build 9-16 last 25 sprint

8\*25 12/10/8/6 or 6/5/4/3 Sprint :45

200 easy

3650

Number 2:

10 min swim 10 min kick

8\*75 4 SW/IM 1:20, 2 FR 1:10, 2 FR 1:00

6\*25 all out kick 15 meters. 2 each kick :45

4\*50 scull 1:10

12\*50 3 sets of 4 FR/NF Descending to a sprint last set FR @ 200 pace 1:00

3 time through: FR/NF/Choice by rounds

2\*25 dive start sprint

1\*50 all out

100 easy

3200

Number 3:

3\*300 FR NC FR

Kick: 25's are Dolphin kick 75 are specialty

6\*75 1:30

4\*25. :45

4\*75 1:30

4\*25. :45

2\*75 1:30

4\*24 :45

6\*50 scull down build back. 1:00

3\*800 odds 400 paddles even 8\*100 IM 1:35

200 easy

5000

Number 4:

600 Swim

12\*50 IM order K/D/S

12\*50 4 dolphin sprint 15 M

2\*4 12/10/8/6 or 6/5/4/3 1:10 your choice

6\*100 FR EN3 1:30

8\*50 1-4 1/2 scull 1/2 RAO / LAO 1:10 5-8 1/2 sprint kick 1/2 sprint swim 1:15

200 easy

3000 total

Number 5:

5\*200 Skimps

4\*75 dolphin kick on side 1:30

6\*25 dolphin kick :45

4\*50 scull

12 \* 50 (3 sprint 1 easy) 1:00 FR

4 \* 100 1:20 FR

6 \* 50 (3 sprint 1 easy) 1:05 NF

4 \* 100 1:25 IM

6 \* 50 (3 sprint 1 easy) :55 FR

4 \* 100 1:15 FR

6 \* 50 (3 sprint 1 easy) 1:00 NF

4 \* 100 1:20 IM

200 Easy

1\*150 All out NF

200 Easy