

A

Warm-up

- 300 (S,K,P)
- 10 x 25 Drill

Main Set

- 4 x (100,75,50,25)
  - @ 1:30
  - Sprint Hard
- 10x25 Kick @ 30s RI
  - Snorkel
  - Sprint

Cool Down

- 200 easy

Total: 2600

B

Warm-up

- 300 (S,K,P)
- 8 x 25 Drill

Main Set

- 4 x (100,75,50,25)
  - @ 1:45
  - Sprint Hard
- 6x25 Kick @ 40s RI
  - Snorkel
  - Sprint

Cool Down

- 200 easy

Total: 2450

C

Warm-up

- 250 (S,K,P)
- 6 x 25 Drill

Main Set

- 4 x (100,75,50,25)
  - @ 2:00
  - Sprint Hard

Cool Down

- 200 easy

Total: 2100