

A

Warm-up

- 3 x 300
 - S/K/P
- 8 x 25 IM Order

Main Set

- 4 x 100 IM @ 1:45
- 400 Swim Free @ 5:20
- 3 x 100 IM @ 1:40
- 300 Swim Free @ 4:00
- 2 x 100 IM @ 1:35
- 200 Swim Free @ 2:25
- 100 IM @ 1:30
- 100 Swim Free @ 1:15
- 8 x 50 IM Sprint @ 1:45

Cool Down

- 200 easy

Total: 3700

B

Warm-up

- 3 x 300
 - S/K/P
- 6 x 25 IM Order

Main Set

- 4 x 100 IM @ 1:55
- 200 Swim Free @ 3:10
- 3 x 100 IM @ 1:50
- 150 Swim Free @ 2:00
- 2 x 100 IM @ 1:45
- 100 Swim Free @ 1:35
- 100 IM @ 1:40
- 100 Swim Free @ 1:35
- 6 x 50 IM Sprint @ 1:45

Cool Down

- 200 easy

Total: 3100

C

Warm-up

- 3 x 300
 - S/K/P

Main Set

- 4 x 100 IM @ 0:40 RI
- 100 Swim Free
- 3 x 100 IM @ 0:30 RI
- 100 Swim Free
- 2 x 100 IM @ 0:20 RI
- 100 Swim Free
- 100 IM
- 100 Swim Free
- 4 x 50 Sprint @ 0:30 RI

Cool Down

- 200 easy

Total: 2700