

A

## Warm-up

- 3 x 300
  - S/K/P

## Main Set

- 8 x 50 @ 1:00
  - Stroke/Free by 25
- 6 x 50 @ 0:55
- 4 x 50 @ 0:50
- 2 x 50 @ 0:45
- 300 Pull Easy
- 2 x 100 IM @ 1:50
- 4 x 100 @ 1:40
  - 25 Hard / 75 Easy
- 6 x 100 @ 1:30
- 8 x 100 @ 1:25

## Cool Down

- 200 easy

Total: 4400

B

## Warm-up

- 3 x 300
  - S/K/P

## Main Set

- 6 x 50 @ 1:15
  - Stroke/Free by 25
- 4 x 50 @ 0:55
- 2 x 50 @ 0:50
- 2 x 50 @ 0:45
- 200 Pull Easy
- 2 x 100 IM @ 2:15
- 4 x 100 @ 1:35
  - 25 Hard / 75 Easy
- 4 x 100 @ 1:40
- 6 x 100 @ 1:45

## Cool Down

- 200 easy

Total: 3600

C

## Warm-up

- 3 x 200
  - S/K/P

## Main Set

- 6 x 50 @ 0:20 RI
  - Stroke/Free by 25
- 4 x 50 @ 0:20 RI
- 2 x 50 @ 0:10 RI
- 150 Pull Easy
- 2 x 100 IM @ 0:20 RI
- 4 x 100 @ 0:20 RI
  - 25 Hard / 75 Easy
- 4 x 100 @ 0:15 RI

## Cool Down

- 200 easy

Total: 2550