

A

## Warm-up

- 3 x 200
  - S/K/P
- 12 x 25 Drill

## Main Set

- 5 Min Vertical Kick
- 4 X 25 Fist Drill
- 250 Pull
- 4 Min Vertical Kick
- 4 X 25 Sprint
- 250 Pull
- 3 Min Vertical Kick
- 4 X 25 Sprint Stroke
- 250 Pull
- 2 Min vertical Kick
- 6 x 25 Sprint Free

## Cool Down

- 200 easy

Total: 2300 + Vertical Kick

B

## Warm-up

- 3 x 200
  - S/K/P
- 10 x 25 Drill

## Main Set

- 5 Min Vertical Kick
- 4 X 25 Fist Drill
- 200 Pull
- 4 Min Vertical Kick
- 4 X 25 Sprint
- 200 Pull
- 3 Min Vertical Kick
- 4 X 25 Sprint Stroke
- 200 Pull
- 2 Min vertical Kick
- 4 x 25 Sprint Free

## Cool Down

- 200 easy

Total: 2050 + Vertical Kick

C

## Warm-up

- 3 x 150
  - S/K/P
- 8 x 25 Drill

## Main Set

- 5 Min Vertical Kick
- 4 X 25 Fist Drill
- 150 Pull
- 3 Min Vertical Kick
- 4 X 25 Sprint
- 150 Pull
- 2 Min Vertical Kick
- 4 X 25 Sprint Stroke
- 150 Pull
- 100 Easy
- 4 x 25 Sprint Free

## Cool Down

- 200 easy

Total: 1800 + Vertical Kick