

A

Warm-up

- 200 Swim
- 100 Kick
- 200 Swim
- 100 kick

Main Set

- 20 x 50 @ 0:50 (Build)
- 20 Min Timed Swim
 - Max Laps
- 20 x 25 @ 0:30
 - Breaths 3 / 2 / 1 / 0
- 4 x 200 Pull @ 3:00

Cool Down

- 200 easy

Total: 3100 + Timed Swim

B

Warm-up

- 200 Swim
- 100 Kick
- 200 Swim
- 100 kick

Main Set

- 16 x 50 @ 1:00 (Build)
- 15 Min Timed Swim
 - Max Laps
- 12 x 25 @ 0:30
 - Breaths 3 / 2 / 1
- 3 x 200 Pull @ 4:00

Cool Down

- 200 easy

Total: 2500 + Timed Swim

C

Warm-up

- 200 Swim
- 100 Kick
- 200 Swim
- 100 kick

Main Set

- 8 x 50 @ 0:15 RI (Build)
- 15 Min Timed Swim
 - Max Laps
- 12 x 25 @ 0:30
 - Breaths 3 / 2 / 1
- 2 x 200 Pull @ 0:20 RI

Cool Down

- 200 easy

Total: 1900 + Timed Swim