

A

Warm-up

- 300 S/K/P
- 8 X 50 Drill

Main Set

- 500 Choice
- 250 Kick
- 250 Snorkel
 - Drill
- 200 IM
- 100 IM
- 8 X 25 Fly
- 5 X 100 @ 1:35
 - Choice Stroke
- 5 X 50 Sprint @ 0:30 RI

Cool Down

- 200 easy

Total: 3750

B

Warm-up

- 200 S/K/P
- 4 X 50 Drill

Main Set

- 500 Choice
- 250 Kick
- 250 Snorkel
 - Drill
- 200 IM
- 8 X 25 Fly
- 4 X 100 @ 2:00
 - Choice Stroke
- 4 X 50 Sprint @ 0:30 RI

Cool Down

- 200 easy

Total: 3000

C

Warm-up

- 200 S/P
- 6 X 50 Drill

Main Set

- 250 Choice
- 250 Kick
- 200 Snorkel
- 100 IM
- 50 Easy
- 8 X 25 Fly
- 4 X 50 @ 0:45 RI
 - Choice Stroke
- 4 X 50 Sprint @ 0:30 RI

Cool Down

- 200 easy

Total: 2350