

A

Warm-up

- 500 Swim
- 300 Kick
- 300 Pull

Main Set

- Dropout 100's
 - Goal 4-5 reps
- 100 Easy
- Dropout 75's
 - Goal 4-5 reps
- 100 Easy
- Dropout 50's
 - Goal 4-5 reps
- 100 Easy
- 8 x 25 @ 0:15 RI
 - Sprint

Cool Down

- 200 easy

Total: 1800 + Dropout's

B

Warm-up

- 500 Swim
- 300 Kick
- 300 Pull

Main Set

- Dropout 100's
 - Goal 4-5 reps
- 100 Easy
- Dropout 75's
 - Goal 4-5 reps
- 100 Easy
- 8 x 25 @ 0:15 RI
 - Sprint

Cool Down

- 100 easy

Total: 1600 + Dropout's

C

Warm-up

- 300 Swim
- 300 Kick
- 300 Pull

Main Set

- Dropout 100's
 - Goal 4-5 reps
- 100 Easy
- Dropout 50's
 - Goal 4-5 reps
- 50 Easy
- 4 x 25 @ 0:15 RI
 - Sprint

Cool Down

- 100 easy

Total: 1250 + Dropout's