

A

Warm-up

- 500 swim
- 300pull

Main Set

- 6 x 100 @ 1:50
 - (25K/25D/50S)
- 3x (400, 300, 200, 100)
 - Swim @1:30/100
 - Pull @1:25/100
 - Swim @1:20/100

Cool Down

- 200 easy

Total: 4600

B

Warm-up

- 500 swim
- 200pull

Main Set

- 5 x 100 @ 2:30
 - (25K/25D/50S)
- 3x (300, 200, 100)
 - Swim @2:00/100
 - Pull @1:55/100
 - Swim @1:50/100

Cool Down

- 200 easy

Total: 3200

C

Warm-up

- 400 swim
- 200pull

Main Set

- 5 x 100 @ 15s RI
 - (25K/25D/50S)
- 2x (300, 200, 100)
 - Swim @45s RI
 - Pull @30s RI

Cool Down

- 200 easy

Total: 2500