

A

Warm-up

- 400 Choice
- 8 x 50 @ 1:10
 - (25K / 25D)

Main Set

- 400 Pull
 - 50's easy/strong
- Dropout 100's
 - Start on 1:40
- 100 Recovery (very easy)
- 400 swim (No Walls)
- Dropout 100's
 - Start on 1:40
- 100 Easy
- 400 Kick

Cool Down

- 200 easy

Total: 2400 + Dropout 100's

B

Warm-up

- 300 Choice
- 6 x 50 @ 1:20
 - (25K / 25D)

Main Set

- 300 Pull
 - 50's easy/strong
- Dropout 100's
 - Start on 2:15
- 100 Recovery (very easy)
- 300 swim (No Walls)
- Dropout 100's
 - Start on 2:15
- 100 Easy
- 300 Kick

Cool Down

- 200 easy

Total: 1900 + Dropout 100's

C

Warm-up

- 300 Choice
- 6 x 50 @ 20s RI
 - (25K / 25D)

Main Set

- 300 Pull
 - 50's easy/strong
- Dropout 100's
 - Start on 2:45
- 100 Recovery (very easy)
- 300 swim
- 100 Easy
- 200 Kick

Cool Down

- 200 easy

Total: 1800 + Dropout 100's