

A

Warm-up

- 4x 200
 - S/P/K/S

Main Set

- 8 x 50 @ 1:00
 - IM order
 - Drill/Swim by 25
- 6 x 150 @2:30
- 300 Easy Pull
- 4 x 150 @ 3:00
- 300 Easy Pull
- 2 x150 @ 3:30
- 300 Easy Pull
- 8 x 25 @ 0:30 Stroke

Cool Down

- 200 easy

Total: 4300

B

Warm-up

- 4x 200
 - S/P/K/S

Main Set

- 8 x 50 @ 1:05
 - IM order
 - Drill/Swim by 25
- 6 x 100 @2:30
- 300 Easy Pull
- 4 x 100 @ 3:00
- 300 Easy Pull
- 2 x100 @ 3:30
- 300 Easy Pull
- 6 x 25 @ 0:45 Stroke

Cool Down

- 200 easy

Total: 3650

C

Warm-up

- 3x 200
 - S/P/K

Main Set

- 6 x 50 @ 0:15 Rest
 - IM order
 - Drill/Swim by 25
- 6 x 75 @2:15
- 250 Easy Pull
- 4 x 75 @ 2:30
- 250 Easy Pull
- 6 x 25 @ 0:15 Rest
 - Stroke

Cool Down

- 200 easy

Total: 2500