

A

Warm-up

- 200 S/K/P
- 200 Drill

Main Set

- 5 X 200 Free @3:45
- 4 X 200 @ 3:45
 - 100 Free/100 Stroke
- 3 X 200 Pull @ 3:30
 - Breathe Every 5
- 2 X 200 Kick
 - No Fins
- Time Drop (Sprint)
 - 200 Free @ 2:30
 - Rest 1:00
 - 200 Free @ < 2:30

Cool Down

- 200 easy

Total: 4200

B

Warm-up

- 200 S/K/P
- 200 Drill

Main Set

- 5 X 200 Free @4:00
- 3 X 200 @4:00
 - 100 Free/100 IM
- 2 X 200 Pull @ 3:45
 - Breathe Every 5
- 2 X 200 Kick
 - No Fins
- Time Drop (Sprint)
 - 200 Free @ 3:00
 - Rest 1:00
 - 200 Free @ < 3:00

Cool Down

- 200 easy

Total: 3800

C

Warm-up

- 200 S/K
- 200 Drill

Main Set

- 4 X 200 Free @0.30 RI
- 2 X 200 @0.30 RI
 - 100 Free/100 IM
- 200 Pull @0.30 RI
 - Breathe Every 3
- 200 Kick @0.30 RI
 - No Fins
- 200 Free (Sprint)

Cool Down

- 200 easy

Total: 2600