

A

Warm-up

- 300 Swim
- 200 Pull
- 100 Kick

Main Set

- 6 X 50 @0:55
 - (25 Fast / 25 Easy)
- 4 X 200 @ 2:50
- 100 Easy
- 5 X 100 @ 1:40
 - (w/ Paddles Only)
- 10 X 50 Sprint @ 0:50

Cool Down

- 200 easy

Total: 3000

B

Warm-up

- 200 Swim
- 200 Pull
- 100 Kick

Main Set

- 6 X 50 @0:60
 - (25 Fast / 25 Easy)
- 3 X 200 @ 3:30
- 100 Easy
- 4 X 100 @ 2:00
 - (w/ Paddles Only)
- 6 X 50 Sprint @ 0:60

Cool Down

- 200 easy

Total: 2400

C

Warm-up

- 200 Swim
- 100 Pull
- 100 Kick

Main Set

- 5 X 50 @ 0.15 RI
 - (25 Fast / 25 Easy)
- 2 X 200 @ 2:50
- 100 Easy
- 5 X 50 @ 0:15 RI
 - (w/ Paddles Only)

Cool Down

- 200 easy

Total: 1600