

A

B

C

Warm-up

- 600 Swim
 - 150 Swim / 50 Kick

Warm-up

- 600 Swim
 - 150 Swim / 50 Kick

Warm-up

- 400 Swim
 - 150 Swim / 50 Kick

Main Set

- 6 x 50 @ 0:50
- 4 x 250 @ 3:45
- 200 Easy Pull
- 4 x 250 @ 3:30
- 200 Easy Pull
- 4 x 250 @ 3:15
 - Hard

Main Set

- 6 x 50 @ 1:00
- 4 x 250 @ 5:00
- 300 Easy Pull
- 4 x 250 @ 4:40

Main Set

- 6 x 50 @ 0:15 RI
- 4 x 200 @ 0:40 RI
- 100 Easy Pull
- 4 x 200 @ 0:30 RI

Cool Down

- 200 easy

Cool Down

- 300 easy

Cool Down

- 100 easy

Total: 4500

Total: 3500

Total: 2500