

1400-3000 M

Warm-up – (600-1500)

3,2,1

4,3,2,1

5,4,3,2,1

Underwaters – (200)

- 4x50 underwater/sprint swim @1:15 -w/fins (200m)
- 25 underwater / 25 sprint swim
- Swim : one of ea stroke : IM ORDER

10x's – (500-1000)

- 10x (•100/75/50 ALL OUT @ 2:00 (1000-500m)
 - 50/25/25 ez free)
- 1-3 free (with fins)
- 4-7 non free. (+15sec on non free) (NO FINS)
- 8-10 choice (NO FINS)

Warm-down

- 200 s/k by 100s free & flutter
- 100 swim
- 100 kick

- 100 k/s by 50s choice
- 50 kick
- 50 swim