

June Week 1			
Tuesday Sharks / (Dolphins)			
Warm up			
200	swim		
200 (100)	Pull		
100	Kick		
Preset			
Main Set			
4 (2) x 50	Hard		20 sec
8 (6) x 100	Hard		30 sec
200 (100)	Recovery		10 sec
4 (2) x 50	Hard		20 sec
4 x (2) 100	Hard		30 sec
100	Recovery		10 sec
		1 Min Rest	
100TT	Time Trial (Record Time)		
Cool down			
100	Easy		
100	Social Kick		

2700m / (1900m)

June Week 1			
Friday Sharks / (Dolphins)			
Warm up			
200	swim		
200 (100)	Pull		
100	Kick		
Preset			
Main Set			
800 / (600)	Moderate - aerobic pace		1 min
2 x 200 / (1 x 200)	4 x (25 max 25 easy)		30 sec
800 / (600)	Moderate - aerobic pace		1 min
4 x 100 / (3 x 100)	Fast - race pace minus 2		30 sec
Cool down			
100	Easy		
100	Social Kick		

2900m (2200m)