

June Week 2			
Tuesday Sharks / (Dolphins)			
Warm up			
200	swim		
200 (100)	Pull		
100	Kick		
Preset			
Main Set			
300 / (200)	Pull	(With Paddles)	20 sec
6 x 50	Hard		30 sec
300 / (200)	Pull	(With Paddles)	20 sec
4 x 50	Hard		30 sec
300 / (200)	Pull	(With Paddles)	20 sec
2 x 50	Hard		60 sec
100TT	Hard-Hard	(Record Time)	30 sec
Cool down			
100	Easy		
100	Social Kick		

2300m / (1900m)

June Week 2			
Friday Sharks / (Dolphins)			
Warm up			
200	swim		
200 (100)	Pull		
100	Kick		
Preset			
Main Set			
100	Hard		30 Sec
200	Moderate-Hard		30 Sec
400 (300)	Moderate		30 Sec
800 (600)	Moderate - Hard		30 Sec
400 (300)	Moderate		30 Sec
200	Moderate - Hard		30 Sec
100	Hard		30 Sec
Cool down			
100	Easy		
100	Social Kick		

2900m (2400m)