

June Week 3		
Tuesday Sharks / (Dolphins)		
Warm up		
200	swim	
200 (100)	Pull	
100	Kick	
Preset		
Main Set		
8 x 50 / (6 x 50)	Hard	20 sec each
400 / (300)	Moderate	30 sec
6 x 50 / (4 x 50)	Hard	20 sec each
300 / (200)	Moderate	30 sec
4 x 50 / (2 x 50)	Hard	20 sec each
200 (100)	Moderate	30 sec
100TT	Time Trial	
Cool down		
100	Easy	
100	Social Kick	

2500m / (2000m)

June Week 3		
Friday Sharks / (Dolphins)		
Warm up		
200	swim	
200 (100)	Pull	
100	Kick	
Preset		
Main Set		
100	Moderate - Hard	15sec
200 / (100)	Moderate	15sec
300 / (200)	Moderate - Easy	30sec
400	Moderate - Hard / 400TT for Time	15sec
300 / (200)	Moderate - Easy	15sec
200 / (100)	Moderate	45 sec
100	Moderate - Hard / 400TT for Time	30sec
Cool down		
100	Easy	
100	Social Kick	

3000m (2200m)