

June Week 4			
Tuesday Sharks / (Dolphins)			
Warm up			
200	swim		
200 (100)	Pull		
100	Kick		
Preset			
Main Set			
600 (400)	Mod /Hard		30 sec
5 x 100 / (4 x 100)	Hard/Hard		20 sec
600 (400)	Mod /Hard		30 sec
		1 minut rest	
100TT	Record Time		
Cool down			
100	Easy		
100	Social Kick		

2400m / (1800m)

June Week 4			
Friday Sharks / (Dolphins)			
Warm up			
200	swim		
200 (100)	Pull		
100	Kick		
Preset			
Main Set			
6 x 200 / (4 x 200)	Mod /Hard		30 sec
10 x 50 / (8 x 50)	Hard/Hard		20 sec
		1 minut rest	
400TT (300TT)	Record Time		
Cool down			
100	Easy		
100	Social Kick		

3000m (2200m)