

May Week 1		
Tuesday Sharks / (Dolphins)		
Warm up		
200	swim	
200 (100)	Pull	
100	Kick	
Preset		
Main Set		
100 (50)	Hard	15 sec
100 (50)	Recovery	15 sec
200 (100)	Hard	15 sec
200 (100)	Recovery	15 sec
300 (200)	Hard	15 sec
300 (200)	Recovery	15 sec
200 (100)	Hard	15 sec
200 (100)	Recovery	15 sec
1 Min Rest		
100TT	Time Trial (Record Time)	
Cool Down		
100	Easy	
100	Social Kick	

2400m / (1600m)

May Week 1		
Friday Sharks / (Dolphins)		
Warm up		
200	swim	
200 (100)	Pull	
100	Kick	
Main Set		
600 (500)	Moderate - aerobic pace	1 min
3 x 100 (2 x 100)	25 max, 25 easy, 25 max, 25 easy	30 sec
600 (500)	Moderate - aerobic pace	1 min
300 (200)	Hard - (Race pace minus 2sec/100m)	30 sec
Cool down		
100	Easy	
100	Social Kick	

2500m / (2000m)