

May Week 2		
Tuesday Sharks / (Dolphins)		
Warm up		
200	swim	
200 (100)	Pull	
100	Kick	
Preset		
Main Set		
400 / (300)	Pull bouys and bands	
8 x 50 / (6 x 50)	dec 1-4, 5-8	15 sec
400 / (300)	Pull bouys and bands	
8 x 50 / (6 x 50)	Race pace	15 sec
Cool down		
100	Easy	
100	Social Kick	

2300m / (1800m)

May Week 2		
Friday Sharks / (Dolphins)		
Warm up		
200	swim	
200 (100)	Pull	
100	Kick	
Preset		
Main Set		
2X		
100	Hard	10 sec
200	Recovery	10 sec
200	Hard	10 sec
300 (100)	Recovery	10 sec
	1 Min Rest.	
400TT (100TT)	Time Trial (Record Time)	
Cool down		
100	Easy	
100	Social Kick	

2700m (2100m)