

May 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	

2600m / (1800m)

May Week 3		
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)