

May Week 4		
Tuesday Sharks / (Dolphins)		
Warm up		
200	swim	
200 (100)	Pull	
100	Kick	
Preset		
Main Set		
400 / (300)	Pull bouys and bands (Paddles Optional)	20sec
4 x 100 / (6 x 50)	Decending 1-4	15 sec
400 / (300)	Pull bouys and bands (Paddles Optional)	20sec
4 x 50 / (2 x 50)	Hard	15 sec
1 Min Rest		
100TT	Time Trial	
Cool down		
100	Easy	
100	Social Kick	

2500m / (2000m)

May Week 4		
Friday Sharks / (Dolphins)		
Warm up		
200	swim	
200 (100)	Pull	
100	Kick	
Preset		
Main Set		
800 (600)	Moderate	30 sec
4 x 50 (2x50)	Hard	20 sec
100	Recovery	10 sec
600 (400)	Moderate	30 sec
2 x 50	Hard	20 sec
100	Recovery	10 sec
1 Min Rest.		
400TT (100TT)	Time Trial (Record Time)	
Cool down		
100	Easy	
100	Social Kick	

3000m (2200m)