

April: Week 1		
Tuesday Sharks / (Dolphins)		
Warm up		
200	swim	10 Sec
200 / (100)	pull	10 Sec
100	kick	30 Sec
Preset		
Main Set		
100	Hard	20 Sec
200	Moderate Easy (Active Recovery)	10sec
200	Hard	20 Sec
300	Moderate Easy (Active Recovery)	10sec
300	Hard	20 Sec
400	Moderate Easy (Active Recovery)	10sec
400	Hard	20 Sec
500	Moderate Easy (Active Recovery)	10sec
Cool down		
100	Easy Kick	
2700m / (2000m)		

April: Week 1		
Friday Sharks / (Dolphins)		
Warm up		
200	swim	10 Sec
200 / (100)	pull	10 Sec
100	kick	30 Sec
Preset		
2 x 50 kick	With fins - 25 Tomb stone drill, 25 easy kick	15 sec
Main Set		
2X or 3X		
200 / (100)	Easy pull (paddles are optional)	30 sec
4 x 50	Fast Kick	30 sec
200 / (100)	Hard Swim	30 sec
Cool down		
100	Easy swim	
Relays	25m kicking relay with board	
2000m / (1500m)		