

April: Week 2		
Tuesday Sharks / (Dolphins)		
Warm up		
200 (100)	swim	10 sec
200 (100)	Pull (paddles optional)	10 sec
100	Kick	10 sec
Preset		
4 X 25	Fingertip Drag, Fists, 6kick layout, Build	10 sec
2 X 50	Breath 7 (5), Breath 9 (7)	10 sec
Main Set		
2 X		
5 x 100 (4 x 100)	Decending 1-5 (Hard Efforts, don't fade)	30 sec
	1 minute rest	
100 TT	Record Time - Try to beat your first time	30 sec
400 (300)	Recovery Swim	10 sec
Cool down		
Relay	25m / 50 meter relay	
100 Social Kick	Find someone to kick with and Chat!!	
2300m / (1900m)		

April: Week 2		
Friday Sharks / (Dolphins)		
Warm up		
200 (100)	swim	10 sec
200 (100)	Pull (paddles optional)	10 sec
100	Kick	30 sec
Preset		
None		
Main Set		
2X		
3 x 200 / (2 x 200)	Mod /Hard	30 sec
4 x 50 / (2 x 50)	Hard/Hard	20 sec
Test Set		
	1 minut rest	
400 (300)	Record Time	
Cool down		
100	Social Kick	
2600m / (1800m)		