

April: Week 4		
Tuesday Sharks / (Dolphins)		
Warm up		
200 (100)	swim	10 sec
200 (100)	Pull (paddles optional)	10 sec
100	Kick	10 sec
Preset		
Main Set		
100	Hard	30 Sec
200	Moderate-Hard	30 Sec
400 (300)	Moderate	30 Sec
800 (600)	Moderate - Hard	30 Sec
400 (300)	Moderate	30 Sec
200	Moderate - Hard	30 Sec
100	Hard	30 Sec
Cool down		
100	Easy Kick	

2800m / (2200m)

April: Week 4		
Friday Sharks / (Dolphins)		
Warm up		
200 (100)	swim	10 sec
200 (100)	Pull (paddles optional)	10 sec
100	Kick	10 sec
Preset		
None		
Main Set		
300	Pull	(With Paddles) 20 sec
6 x 50	Hard	30 sec
300	Pull	(With Paddles) 20 sec
4 x 50	Hard	30 sec
300 / (200)	Pull	(With Paddles) 20 sec
2 x 50	Hard	60 sec
300 / (100)	Hard-Hard	(Record Time) 30 sec
Cool down		
100	Easy / Social Kick	
50	Team Relay	

2400m / (1900m)