

5.2.08

3200

warmup

1000 swim/kick/pull by 100

stretch

(=1000)

set 1

4 x 100 on an interval

4 x 50 on an interval

4 x 25 spring w/45-60 seconds rest b/t each

(=700)

set 2

200 IM (drill/swim by 25)

100 back

100 breast

100 free

100 choice

200 IM (kick/swim by 25)

(=800)

set 3

4 x 75 IM rollovers

300 freestyle, swim every 4th lap stroke

(=600)

warmdown

100 kick

100 swim

(=100)2800

warmup

1000 swim/kick/pull by 100

stretch

(=1000)

set 1

5.2.08

3 x 100 on an interval
4 x 50 on an interval
4 x 25 spring w/45-60 seconds rest b/t each
(=600)

set 2

200 IM (drill/swim by 25)
50 back
50 breast
50 free
50 choice
100 IM
(=500)

set 3

4 x 75 IM rollovers
300 freestyle, swim every 4th lap stroke
(=600)

warmdown

100 kick
100 swim
(=100)2400

warmup

900 swim/kick/pull by 100
stretch
(=900)

set 1

3 x 100 on an interval
2 x 50 on an interval
4 x 25 spring w/45-60 seconds rest b/t each
(=500)

set 2

100 IM
50 back

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50 breast

50 free

50 choice

100 IM

(=400)

set 3

4 x 75 IM rollovers

300 freestyle, swim every 4th lap stroke

(=600)

warmdown

50 kick

50 swim

(=100)1300

warmup

600 swim/kick/pull by 100

stretch

(=600)

set 1

2 x 50 on an interval

2 x 25 spring w/45-60 seconds rest b/t each

(=150)

set 2

50 back

50 breast

50 free

(=150)

set 3

300 freestyle, swim every 4th lap stroke

(=300)

warmdown

50 kick

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50 swim
(=100)