


SWIM : 3000 / 2500 / 2000 ALL SPEED ALL DAY : 60 Minutes

WORKOUT SETS

GROUP A = 3000

GROUP B = 2500

GROUP C = 2000

WARM UP	500			500			400		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle	1	200	200	1	200	200	1	100	100
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
Freestyle	1	100	100	1	100	100	1	100	100
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
MAIN SET	2300			1800			1400		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
 100 on the 2:30 Freestyle HARD EFFORT	5	100	500	4	100	400	3	100	300
50 on the 1:15 Freestyle ALL OUT	5	50	250	4	50	200	3	50	150
25 on the 45 sec Freestyle ALL OUT	4	25	100	4	25	100	2	25	50
Kick + Fins // 50 freestyle kick // 50 dolphin kick	2	100	200	2	100	200	1	100	100
100 on the 2:30 Freestyle HARD EFFORT	4	100	400	3	100	300	2	100	200
50 on the 1:15 Freestyle ALL OUT	4	50	200	2	50	100	2	50	100
25 on the 45 sec Freestyle ALL OUT	2	25	50	2	25	50	2	25	50
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
100 on the 2:30 Freestyle HARD EFFORT	3	100	300	2	100	200	2	100	200
50 on the 1:15 Freestyle ALL OUT	3	50	150	2	50	100	2	50	100
25 on the 45 sec Freestyle ALL OUT	2	25	50	2	25	50	2	25	50
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COOL DOWN	200			200			200		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	200	200	1	200	200	1	200	200