


**SWIM // 3000 // 2500 // 2000 SPRINTS // 60 Minutes**

<b>WORKOUT SETS</b>												
				<b>GROUP A = 3000</b>			<b>GROUP B = 2500</b>			<b>GROUP C = 2000</b>		
<b>WARM UP</b>				<b>600</b>			<b>600</b>			<b>300</b>		
				Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
	Freestyle	1	200	200	1	200	200	1	100	100		
	Kick	1	100	100	1	100	100	1	50	50		
	Wall Ups	15			15			15				
	Freestyle	1	200	200	1	200	200	1	100	100		
	Kick	1	100	100	1	100	100	1	50	50		
	Wall Ups	15			15			15				
	<b>MAIN SET</b>				<b>2200</b>			<b>1700</b>			<b>1500</b>	
				Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
	Fist Drill	5	50	250	4	50	200	4	50	200		
	Freestyle	1	200	200	1	200	200	1	200	200		
	Kick	3	50	150	2	50	100	1	50	50		
	Freestyle 100% effort	8	100	800	6	100	600	6	100	600		
	Kick	2	50	100	2	50	100	1	50	50		
	Freestyle 100% effort	8	50	400	5	50	250	5	50	250		
	Kick	2	50	100	1	50	50	1	50	50		
	Freestyle	1	200	200	1	200	200	1	100	100		
<b>COOL DOWN</b>				<b>200</b>			<b>200</b>			<b>200</b>		
				Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
	Easy Freestyle or Choice	1	200	200	1	200	200	1	200	200		