

SWIM : 3000 / 2500 / 2000 THRESHOLD + MODERATE : 60 Minutes

WORKOUT SETS												
				GROUP A = 3000			GROUP B = 2500			GROUP C = 2000		
WARM UP				600			600			300		
				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		
	MAIN SET				2100			1700			1500	
				Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Free Breathe Every 2 Strokes, Rest 1 Min				1	300	300	1	300	300	1	250	250
Free Breathe Every 3 Strokes, Rest 1 Min				1	250	250	1	250	250	1	200	200
Free Breathe Every 4 Strokes, Rest 1 Min				1	200	200	1	200	200	1	150	150
Free Breathe Every 5 Strokes, Rest 1 Min				1	150	150	1	150	150	1	100	100
Kick, Rest 1 Min				1	100	100	1	100	100	1	100	100
100 Free Race Pace + 100 Free Easy, Rest 1 Min				2	200	400	1	200	200	1	200	200
100 Free Faster Than Race Pace + 100 Free Easy, Rest 1 Min				2	200	400	1	200	200	1	200	200
100 Free ALL OUT + 100 Free Easy, Rest 1 Min				1	200	200	1	200	200	1	200	200
Kick, Rest 1 Min				1	100	100	1	100	100	1	100	100
						0			0			0
						0			0			0
COOL DOWN				300			200			200		
				Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice				1	300	300	1	200	200	1	200	200