D	C-+ 1				0	C-4 2			
Day	Set 1				Day	Set 2			
Focus	A2-A3				Focus	Speed Development			
-ocus	AZ-A3				rocus	speed Devel	эртепс		
Warm Up	400 IM Rev (Fly Drill)				Warm up	400 DPS FC			
	4x25 as Dive fly at Max speed			0.5km		8x75 as			
						1x 25 Scull/ 50 Swim			
Main set	4x300 as					1x 50 Drill/25 Swim			
	1-No.1 Working on SC desc per Round on 5.00			00	2x	1x 25 Kick/ 50 Swim			
	2-IM as 75's but Br-st as Drill on 5.20					1x UW work			1.0km
	3- BC Neg Split last 150 on 5.10								
	4- Fc with Equipment on 5.00			1.2km	Main set	1x50 Dive 15 Max on 75			
						1x50 Dive 25 max on 70			
Swim down	30x50 (Rest	10) as			2x	1x Push 50 Max - Target +10-12 sec of RP 50 on			on 1.20
	5x Alt 25's Fc/Bc work on Push off					8x25 as 25 @ 100 RP / 8m smooth on 40			
	5x Mix Scull work (No kicking)					2x50 Dive Max 33 / 33 UW distance on 75			
	10x IM Switch (3x kick / 3xDrill / 4x swim)					100 easy			1.1km
	5x Mix Scull work (No kicking)								
	5x Alt 25's Fc/Bc work on Push off			1.5km	Recovery	7x100 on 1.45 as		0.8km	
						"2x Fc / 1x Fly / 1x Bc / 3x Fc"			
				3.2km		100 IM			
					Swim down				
						8x75 as			
						1x 25 Scull/ 50 Swim			
						1x 50 Drill/25 Swim			
					2x	1x 25 Kick/ 5	50 Swim		
						1x UW work			1.0km
						400 DPS FC			
									3.9km