

Warm up (1.75km - 33 mins)

Option 1	Option 2	Option 3	Option 4	Option 5
9x50 as Fc (3x Kick/3xPull/3xSwim) on 60 3x100 on IM on 1.40 (Work on Back to Breast) 4x200 on Free with Pads (Desc SC / High SR) on 3.20 4x50 as VP on Free on 60	9x50 as Back (1-4 "5 sec BO" / 5-7 DPS / 8-9 Build) on 60 3x100 on IM on 1.40 (Work on Back to Breast) 4x200 as Choice with equipment work 3.20 4x50 as VP on Free on 60	9x50 as Free as 10m BO / 15m Build / 10m Speed / 15m DPS on 60 3x100 on IM on 1.40 (Work on Back to Breast) 4x200 on Free with Fins with 15m S-link kick to 10m swim on 3.20 4x50 as VP on Free on 60	9x50 as IM Switch (3x Kick/3xPull/3xSwim) on 60 3x100 on IM on 1.40 (Work on Back to Breast) 4x200 as Choice with equipment work 3.20 4x50 as VP on Free on 60	9x50 as Breast with- (Odds Free Kick / Evens Fly kick) on 60 3x100 on IM on 1.40 (Work on Back to Breast) 4x200 as 50 Breast High SR / 50 Free easy on 3.20 4x50 as VP on Free on 60

Main Set (1.5km - 25 mins)

Option A	Option B	Option C	Option D
<u>Fc Progression</u> 10x150 on 2.30 as Odds- 100 as Single Arm Pull / 50 as 5-1 Breathing Evens- 25m Max / 100m DPS / 25m Build	<u>Bc Progression</u> 10x150 on 2.30 as Odds- 50 as 12 kick rotation / 50 as single arm Pull / 50 Swim Evens- Build each 50m to Max	<u>Breast Progression</u> 10x150 on 2.30 as Odds- 75 as 2 kicks to 1 pull / 50 Alt Arms / 25 Br-st Swim Evens- Swim with Good Pullout phase (5 sec limit)	<u>Fly Progression</u> 10x150 on 2.30 as Odds- 50 as Single Arm Pull / 50 as Phelps / 50 3-1 Breathing Evens- 50 Fly / 25 choice swim / 25 Fly / 50 choice

Skill Set (0.5km - 14 mins)

Option un	Option deux	Option trois
10x50 as Dives on 1.30 2x focus on Stance 2x Single Leg Dive 4x Head position on flight 2x 25m Sprint / 25m East	10x50 as Turns on 1.30 6x50 Static turn work on Back to Breast turns 4x From Block starts	10x50 as Underwater work 6x 25m Underwater length / 25 m easy 4x From Block Starts 15m target to Breakout

Swim Down (0.85km - 17 mins)

Option crioch	Option gorffen
4x50 as Choice Alt Pull/Swim on 60 2x100 as IM kick on 2.00 10x25 as Stroke Progression Alt Drill/Swim on 30 2x100 as 50 Free/ 50 Back on 1.45	4x50 as Choice Alt Pull/Swim on 60 2x100 as Free kick on 2.00 10x25 as Stroke Progression Alt Kick/Swim on 30 2x100 as 50 Breast / 50 Free on 1.45