

A

Warm Up (600)

200 *choice*

200 *kick*

200 *free*

IM Set (1000)

8 # 125 *IM*@ 2:45

| | | | | | |
|---|------------------|------------------|------------------|------------------|---|
| J | #1 | #2 | #3 | #4 | N |
| K | 50 <i>fly</i> | 25 <i>fly</i> | 25 <i>fly</i> | 25 <i>fly</i> | O |
| K | 25 <i>back</i> | 50 <i>back</i> | 25 <i>back</i> | 25 <i>back</i> | O |
| K | 25 <i>breast</i> | 25 <i>breast</i> | 50 <i>breast</i> | 25 <i>breast</i> | O |
| K | 25 <i>free</i> | 25 <i>free</i> | 25 <i>free</i> | 50 <i>free</i> | P |

Free Sprint Set (1700)

400 *easy*@ 7:00

2 # 50 *fast*@ 1:00

300 *easy*@ 5:30

3 # 50 *fast*@ 1:00

200 *easy*@ 4:00

4 # 50 *fast*@ 1:00

100 *easy*@ 2:00

5 # 50 *fast*@ 1:00

Cool Down (200)

200 *free*

Total Distance 3500 yards

B

Warm Up (600)

200 *choice*

200 *kick*

200 *free*

IM Set (700)

2 # 100 *IM*@ 3:00

| | | | | | |
|---|------------------|------------------|------------------|------------------|---|
| J | #1 | #2 | #3 | #4 | N |
| K | 50 <i>fly</i> | 25 <i>fly</i> | 25 <i>fly</i> | 25 <i>fly</i> | O |
| K | 25 <i>back</i> | 50 <i>back</i> | 25 <i>back</i> | 25 <i>back</i> | O |
| K | 25 <i>breast</i> | 25 <i>breast</i> | 50 <i>breast</i> | 25 <i>breast</i> | O |
| K | 25 <i>free</i> | 25 <i>free</i> | 25 <i>free</i> | 50 <i>free</i> | P |

Free Sprint Set (1500)

400 *easy*@ 8:00

1 # 50 *fast*@ 1:15

300 *easy*@ 6:00

2 # 50 *fast*@ 1:15

200 *easy*@ 4:30

3 # 50 *fast*@ 1:15

100 *easy*@ 2:30

4 # 50 *fast*@ 1:15

Cool Down (200)

200 *free*

Total Distance 3000 yards

C

Warm Up (400)

200 *choice*

100 *kick*

100 *free*

IM Set (500)

4 # 125 *IM*@ 4:00

| | | | | | |
|---|------------------|------------------|------------------|------------------|---|
| J | #1 | #2 | #3 | #4 | N |
| K | 50 <i>fly</i> | 25 <i>fly</i> | 25 <i>fly</i> | 25 <i>fly</i> | O |
| K | 25 <i>back</i> | 50 <i>back</i> | 25 <i>back</i> | 25 <i>back</i> | O |
| K | 25 <i>breast</i> | 25 <i>breast</i> | 50 <i>breast</i> | 25 <i>breast</i> | O |
| K | 25 <i>free</i> | 25 <i>free</i> | 25 <i>free</i> | 50 <i>free</i> | P |

Free Sprint Set (1200)

200 *easy*@ 5:30

1 # 50 *fast*@ 1:30

200 *easy*@ 5:30

2 # 50 *fast*@ 1:30

200 *easy*@ 5:30

3 # 50 *fast*@ 1:30

100 *easy*@ 3:00

4 # 50 *fast*@ 1:30

Cool Down (200)

200 *free*

Total Distance 2300 yards