

No	Time	Type	Description	Distance
1	16	Warmup	200 Easy choice 100 BR 200 Bk 100 Fr 200 Kick Br/Fr by 50's	800
2	25	Endurance	10 X 100 FR :15 RI #1-4 Swim choice #5 Kick #6-9 Pull #10 Kick  1:00 REST 12 X 25 Non FR :15 Ri Every third one fast	2100
3	6	Aerobic capacity	300 FR: except for every 4 <sup>th</sup> length, stroke	2400
4	14	Anaerobic	4 X ( 100 FR fast!! + 50 easy) on 3:15	3000
5	4	Warm down	200 Easy	3200

No	Time	Type	Description	Distance
1	16	Warmup	200 Easy choice 100 BR 200 Bk 100 Fr 200 Kick Br/Fr by 50's	800
2	25	Endurance	10 X 100 FR :15 RI #1-4 Swim choice #5 Kick #6-9 Pull #10 Kick  1:00 REST 12 X 25 Non FR :15 Ri Every third one fast	2100
3	9	Aerobic capacity	500 FR: except for every 4 <sup>th</sup> length, stroke	2600
4	20	Anaerobic	6 X ( 100 FR fast!! + 50 easy) on 3:00	3500
5	4	Warm down	200 Easy	3700