

1. W-up	100x1	1:30	FR W-Stream line
	100x1	2:00	Kick One leg / Normal (E-25m)
	50x4	=50	IMO Drill / Swim (E-25m)
	25x4	=30	U.W.K / E / Sprint Pull / E (E-10)

x2 Set

1. Pull (pod)	300x3	3:50 (4:00)	Lung buster
2. Swim (pod)	150x3	1:50 (2:00)	Neg fast < RI:30
1. Pull (pod)	300x3	3:40 (3:50)	Hyp. 5 < RI:30
2. Swim (pod)	150x2	1:50 (2:00)	Neg fast < RI:30
1. Pull (pod)	300x3(2)	3:30 (3:45)	Hyp. 3 < RI:30
2. Swim (pod)	150x1	1:50 (2:00)	Even fast

Loosen 100x1

3. Swim	100x4	1:15 (1:20)	pace & good tech.
	100x2	1:10 (1:15)	fast pace < RI:10
	200x1	2:30	All out MAX HR (:40)

x4 set

Loosen 100x1

4. Kick Swim	50x1	1:00	Sprint
	50x1	1:00	Sprint

x4 set

5-Down	100x4	1:30	Swim choice
	100x3	2:00	Kick choice
	100x2	1:30	Pull choice
	100x1	5:00	Swim choice + 2

TO, 9400m + 2