

13&Overs Middle Distance - 12X150s

100 free - 100 back

4x (150 pull on 215 - 3x50s kick on 55 - 50 drill-50 smooth on 145 all w/ snorkel)

Stretch 3 mins

Pre-Set - 3x100s Desc 1-3 on 120 - 2x100s pace on 115

min rest

12 x 150s

3x150s on 205 - smooth DPS

1x150s on 150 Fast

2x150s on 2 mins smooth

2x150s on 145 Fast

1x150 on 155 Smooth

3 Fast on 140

get heart rate

50 Double arm

4x50s fast kick on 55 with snorkel

min rest

Low Go 10x50s holding under 30

2 on 45 - 3 on 40 - 5 on 35

min rest

25 DAB - 4x25s kick on back IM order - 25 DAB on 30

8x25s fly - 2 on 30 perfect - 2 pace on 25 - 4 fast on 20

30 sec rest

4x50s Back Desc 1-3 - sprint 4th on 40

30 sec rest

4x50s Breast Desc 1-3 - sprint 4th on 45

30 sec rest

Hi go 4x50s free - 50 on 30 - 50 on 40 - 50 on 50 - sprint last 50 all under 30

swim down 5 mins