

**July 13, 2015**  
**ENDURANCE**

**Warm-up** 300 swim - fs  
300 50kick/50swim  
300 pull  
300 50bk-br 50F

**Main set** 6x150 on 3:30  
(75Fs; 50Bk; 25Br)

**Speed play** 3(4x50)  
1st set Build up on 1:05  
2nd set EEOF on 1:05  
3rd set Descend on 1:05

**Alactic Power**  
6x25 - 12.5Fast 12.5 ez on 40  
**Swdown150** Ascend

**3000m**

**July 13, 2015**

**MIDDLE DISTANCE**

**Warm-up** 250 swim - choice  
250 50kick 50swim  
250 pull  
250 50bk-br 50Fs

**Main set** 6x125 on 3:00 (75Fs;25Bk;25Br)

**Speed play** 3(3x50)  
1st set Build up on 1:10  
2nd set EEOF on 1:10  
3rd set Descend on 1:10

**Alactic Power**  
8x25 - 12.5Fast 12.5 ez on 40

**Swim down 100 Ascend**

**2500m**

**July 13, 2015**

**FIT-TECH**

**Warm-up 250 swim - choice**  
**200 50kick 50swim**  
**150 pull**

**Main set**

**6x100 on 3:00 75Fs;25Bk or 25Br**

**Speed play 3(3x50)**

**1st set Build up on 1:15**

**2nd set EEOF on 1:15**

**3rd set Descend on 1:15**

**Alactic Power**

**8x25 - 12.5Fast 12.5 ez on 40**

**Swim down 150 Ascend**

**2000m**