

July 6, 2015
ENDURANCE

200 Free

200 IM Drill/free

200 Im/free K

200 Free

200 Free P

**4(3x50 IM/FS on 60
100 EZ free on 2 min.)**

8x100 on 2min.

odd # last 50 fast

even # last 25 fast

200 (25 best stroke/25 worst stroke)

3000m

July 6, 2015

MIDDLE DISTANCE

150 Free

150 IM Drill/free

150 Im/free K

150 Free

150 Free P

4(3x50 bk/fs; br/fs; fs on 70)

(100 EZ free on 2:15m)

6x100 on 2:15m

odd # last 50 fast

even # last 25 fast

150 (25 best stroke/25 worst stroke)

2500m

July 6, 2015
FIT-TECH

100 Free

100 IM Drill/free

100 Im/free K

100 Free

100 Free P

**4 (3x50 bk/fs; br/fs; fs on 1:20
100 EZ free on 2:30m)**

4x100 on 2:15m

odd # last 50 fast

even # last 25 fast

100 (25 best stroke/25 worst stroke)

2000m