

January 15th
GOLD – 2500m

Warm-Up:

200 ez swim

4x50 [25 BK kk/25 BK swim] @
1:10/1:15

4x50 [25 FR kk/25 FR swim] @
1:10/1:15

4x25 @ 25R

UW dolphin KK to ~12.5m + ez to
wall

Pre Set:

8x50 @ 1:10/1:15 [25 scull/25 swim]

Main Set:

8x75 @ 1:35/1:45 [25 DR/50 swim] CH

6x100 build effort each 100 @ 2:00/2:10
[1x BK/1x FR]

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Cool-Down:

200 EZ

Silver – 2300m

Warm-Up:

200 ez swim

4x50 [25 BK kk/25 BK swim] @
1:15/1:20

4x50 [25 FR kk/25 FR swim] @
1:15/1:20

4x25 @ 25R

UW dolphin KK to ~10m + ez to wall

Pre Set:

6x50 @ 1:15/1:20 [25 scull/25 swim]

Main Set:

8x75 @ 1:45/1:55 [25 DR/50 swim] CH

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5x100 build effort each 100 @ 2:10/2:20
[1x BK/1x FR]

Cool-Down:

200 EZ

Bronze – 1900m

Warm-Up:

200 ez swim

4x50 [25 BK kk/25 BK swim] @
1:20/1:30

4x50 [25 FR kk/25 FR swim] @
1:20/1:30

4x25 @ 25R

UW dolphin KK to ~7m + ez to wall

Pre Set:

4x50 @ 1:20/1:30 [25 scull/25 swim]

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Main Set:

8x50 @ 1:20/1:30 [25 DR/50 swim] CH

4x100 build effort each 100 @ 2:20/2:30

[1x BK/1x FR]

Cool-Down:

200 EZ