

January 5th  
GOLD – 3000m

## Warm-Up:

300 EZ

4x50 @ 1:05 [25 scull/25 swim]

4x50 kk @ 1:15 [25 on side/25 on BK]

4x25 desc. 1-4 to 90% effort @ 20R

6x50 DR @ 1:10

2x50 Single arm/2x50 6 kk switch/

2x50 2 beat FR

## Main Set:

3 Rounds:

4x100 FR @ 1:40/1:50 (aerobic)

100 EZ CH @ 2:10/2:20

6x50 @ 1:10/1:15 [25 FAST/25 EZ]

## Cool-Down:

150 EZ

Silver – 2500m

January 5th

## Warm-Up:

300 EZ

4x50 @ 1:10 [25 scull/25 swim]

4x50 kk @ 1:20 [25 on side/25 on BK]

4x25 desc. 1-4 to 90% effort @ 20R

6x50 DR @ 1:15

2x50 Single arm/2x50 6 kk switch/

2x50 2 beat FR

## Main Set:

2 Rounds:

4x100 FR @ 2:00/2:10 (aerobic)

100 EZ CH @ 2:30/2:40

6x50 @ 1:20/1:25 [25 FAST/25 EZ]

## Cool-Down:

150 EZ

Bronze – 1900m

January 5th

## Warm-Up:

200 EZ

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

4x50 kk @ 1:30 [25 on side/25 on BK]

4x25 desc. 1-4 to 90% effort @ 20R

4x50 DR @ 1:20

2x50 Single arm/2x50 6 kk switch

## Main Set:

6x100 FR @ 2:15/2:30 (aerobic)

100 EZ CH @ 30R

4x25 FAST @ 20-30R

## Cool-Down:

200 EZ