



Lane: 1

Equipment used: Kick board, fins and paddles.

Duration: 90 minutes.

Energy system: AEC.

Rest between sets: 2 minutes.

Cycle 01: Week 18.

	Distance	Time
01. Ki/Sw 4x50 Fr as 50Ki 50Sw @ 1.10 Sw 4x150 as Fr-Bk-Fr x50 @ 2.50 (Focus on streamlining off every wall) Dr/Sw 4x50 Your stroke as drill-swim x50 @ 1.15	1000	7:30
02. Sw 1x400 Free @ 6.00 Sw 4x150 @ 3.00 1 st 150 Fly-Back-Breast x50 2 nd 150 Back-Breast-Free x50 3 rd 150 Breast-Free-Fly x50 4 th 150 Free-Fly-Back x50	1000	7:53
04. Twice through with fins. Ki 2x50 @ 1.15 Dr 1x50 Shark fin @ 1.15 Sw 1x150 Fr @ 2.40	600	8:13
05. Twice through Fins 4x50 @ 1.00 1 st set Fly-Free x50 2 nd set Free-Back x50 Pads 1x150 Your choice @ 3.00	700	8:28
06. Swim down: 1x200 Your choice @ 4.30	200	8:44
	3500	8:49



Lane: 2

Equipment used: Kick board, fins and paddles.

Duration: 90 minutes.

Energy system: AEC.

Rest between sets: 2 minutes.

Cycle 01: Week 18.

	Distance	Time
01. Ki/Sw 4x50 Fr as 50Ki 50Sw @ 1.20 Sw 4x150 as Fr-Bk-Fr x50 @ 2.50 (Focus on streamlining off every wall) Dr/Sw 4x50 Your stroke as drill-swim x50 @ 1.20	1000	7:30
02. Sw 1x400 Free @ 6.20 Sw 4x150 @ 3.15 1 st 150 Fly-Back-Breast x50 2 nd 150 Back-Breast-Free x50 3 rd 150 Breast-Free-Fly x50 4 th 150 Free-Fly-Back x50	1000	7:54
04. Twice through with fins. Ki 2x50 @ 1.15 Dr 1x50 Shark fin @ 1.15 Sw 1x150 Fr @ 2.45	600	8:16
05. Twice through Fins 4x50 @ 1.10 1 st set Fly-Free x50 2 nd set Free-Back x50 Pads 1x150 Your choice @ 3.00	700	8:31
06. Swim down: 1x100 Your choice @ 2.30	100	8:49
	3400	8:52



Lane: 3

Equipment used: Kick board, fins and paddles.

Duration: 90 minutes.

Energy system: AEC.

Rest between sets: 2 minutes.

Cycle 01: Week 18.

	Distance	Time
01. Ki/Sw 4x50 Fr as 50Ki 50Sw @ 1.20 Sw 3x100 as Fr-Bk-Fr x100 @ 2.20 (Focus on streamlining off every wall) Dr/Sw 4x50 Your stroke as drill-swim x50 @ 1.20	700	7:30
02. Sw 1x400 Free @ 6.40 Sw 4x150 @ 3.30 1 st 150 Fly-Back-Breast x50 2 nd 150 Back-Breast-Free x50 3 rd 150 Breast-Free-Fly x50 4 th 150 Free-Fly-Back x50	1000	7:50
04. Twice through with fins. Ki 2x50 @ 1.20 Dr 1x50 Shark fin @ 1.20 Sw 1x150 Fr @ 2.50	600	8:13
05. Twice through Fins 4x50 @ 1.15 1 st set Fly-Free x50 2 nd set Free-Back x50 Pads 1x150 Your choice @ 3.00	700	8:29
06. Swim down: 1x100 Your choice @ 2.30	100	8:47
	3100	8:50



Lane: 4

Equipment used: Kick board, fins and paddles.

Duration: 90 minutes.

Energy system: AEC.

Rest between sets: 2 minutes.

Cycle 03: Week 19.

	Distance	Time
01. Ki/Sw 4x50 Fr as 50Ki 50Sw @ 1.40 Sw 3x100 as Fr-Bk-Fr x100 @ 2.30 (Focus on streamlining off every wall) Dr/Sw 4x50 Your stroke as drill-swim x50 @ 1.30	700	7:30
02. Sw 1x200 Free @ 5.00 Sw 4x150 @ 4.00 1 st 150 Breast-Back-Breast x50 2 nd 150 Back-Breast-Back x50 3 rd 150 Breast-Free-Breast x50 4 th 150 Free-Breast-Free x50	800	7:53
04. Twice through with fins. Ki 2x50 @ 1.30 Dr 1x50 Shark fin @ 1.30 Sw 1x150 Fr @ 3.15	600	8:16
05. Twice through Fins 2x50 @ 1.30 1 st set Free 2 nd set Back Pads 1x100 Your choice @ 2.30	400	8:34
06. Swim down: 1x100 Your choice @ 2.30	100	8:47
	2600	8:50

