**01.08.2017**

LANE 1

400 warm up

10x50 as 25 drill/25FC

5x200 as 50easy/100 B3,5(sighting on the breath)/50fast

Drafting

200 swim down

LANE 2

300 warm up

10x50 as 25 drill/25FC

4x200 as 50easy/100 B3,5(sighting on the breath)/50fast

Drafting

200 swim down

LANE 3

300 warm up

10x50 as 25 drill/25FC

3x200 as 50easy/100 B3,5 (sighting on the breath)/50fast

Drafting

200 swim down

**03.08.2017**

WARM UP STARTS @7AM. PLEASE BE ON TIME

Lane 1

900 snake

700 @ CSS+6 R45 or 2 beeps

500 @CSS+4 R45 or 2 beeps

400 @CSS+2 R25 or 1 beep

300@CSS

100 swim down

Total:2,9km

Lane 2

800 snake

600 @ CSS+6 R45 or 2 beeps

500 @CSS+4 R45 or 2 beeps

400 @CSS+2 R25 or 1 beep

300@CSS

100 swim down

Total:2,7km

Lane 3

700 snake

500 @ CSS+6 R45 or 2 beeps

400 @CSS+4 R45 or 2 beeps

400 @CSS+2 R25 or 1 beep

300@CSS

100 swim down

Total:2,4km