21.03.2017 Sprint session

Lane 1

500 warm up

30x50 FC

200 swim down

Total: 2.2km

Lane 2

400 warm up

30x50 FC

200 swim down

Total: 2.1km

Lane 3

400 warm up

27x50 FC

150 swim down

Total: 1.9km

23.03.2017

Lane 1

300 warm up

3x400 @CSS+4 R40 or 2 beeps

2x300 @CSS+2 R25 or 1 beep

2x200@CSS R25 or 1 beep

100 swim down

Total: 2.6km

Lane 2

200 warm up

3x400 @CSS+4 R40 or 2 beeps

2x300 @CSS+2 R25 or 1 beep

3x100@CSS R25 or 1 beep

100 swim down

Total: 2.4km

Lane 3

200 warm up

2x400 @CSS+4 R40 or 2 beeps

2x300 @CSS+2 R25 or 1 beep

2x200@CSS R25 or 1 beep

100 swim down

Total: 2.1km