25.04.2017

LANE 1

500 warm up

400 drill

10x100 R60

4x50 deep water start

100 swim down

LANE 2

400 warm up

400 drill

10x100 R60

4x50 deep water start

100 swim down

LANE 1

400 warm up

300 drill

10x100 R60

4x50 deep water start

100 swim down

27.04.2017

LANE 1

300 warm up

4x100 build

1.9km swim

100 swim down

LANE 2

300 warm up

3x100 build

1.9km swim

100 swim down

LANE 3

200 warm up

3x100 build

1.9km swim

100 swim down