**28.03.2017**

Lane 1

600 warm up

300 drill

6x200 FC

200 swim down

Total:2.3km

Lane 2

500 warm up

300 drill

6x200 FC

200 swim down

Total:2.2km

Lane 2

400 warm up

300 drill

5x200 FC

200 swim down

Total:1.9km

**30.03.2017**

Lane 1

300 warm up

6x50 scull/swim

400 drill

5x300 R30

200 swim down

Total: 2.7km

Lane 2

200 warm up

4x50 scull/swim

400 drill

5x300 R30

200 swim down

Total: 2.5km

Lane 3

200 warm up

4x50 scull/swim

400 drill

3x300 R30

2x200

200 swim down

Total: 2.3km