

Everybody (group A/B)

400 warm-up (100 swim/100 drill)

2:00 rest

Group A:

10 x 200 with 30 sec's rest

(1-5 descend, 6-10 hold even pace)

100 EZ

Group B:

8 x 200 with 30 sec's rest

(1-4 descend, 4-8 hold even pace)

100 EZ