

WARM UP:

2 x 100 swim, choice

2 x 50 kick

TREAT:

4 x 50 tombstone kick

2 x 25 kick, fast

TREAT:

6 x 25 horror swim

4 x 50 build

TREAT:

4 x 25 mummy kick

2 x 75 - 50 backstroke, 25 choice

TREAT:

4 x 50 - 25 spiderman, 25 swim

4 x 25 underwater dolphin kick to halfway

TRICK:

4 x 100/150/200 descend

TRICK:

4 x 100 best average

TRICK:

5 minute continuous swim