

JUNIORS -19/05/2025

<u>400</u>	400m	ONE ARM FS with Fins
<u>600</u>	200m	FS (No Fins)
<u>800</u>	200m	BK (with FINS IF NEEDED)
<u>1000</u>	200m	BRS
<u>1300</u>	6 x 50m	FS SPRINTS (30 seconds REST)
<u>1400</u>	2 x 50m	BK SPRINTS (30 seconds REST)
<u>1500</u>	2 x 50m	CHOICE SPRINTS (30 seconds REST)
<u>2000</u>	500m	CHOICE SWIM DOWN

SENIORS

<u>400</u>	400m	ONE ARM FS with FINS
<u>TURNS</u>		
<u>500</u>	20 off	FS FREEWATER TURNS
	10 x25m	FS TURNS FROM 12.5 POSITION To Wall & RETURN
<u>1000</u>	500m	FS AT PACE (NOTE TOTAL TIME) (MUST BE SWUM UNDER 10 minutes or repeat)
<u>1200</u>	200m	BK TORPEDO KICK with FINS
<u>1500</u>	300m	BK (No Fins)
<u>2100</u>	12 x 50m	FS SPRINTS on 1:15 INTERVAL
<u>2400</u>	6 x 50m	BK SPRINTS on 1:30 INTERVAL
<u>2900</u>	500m	CHOICE KICK with fins where necessary