

Lanes 1-6

2 x 100 swim, choice
4 x 50 - 25 drill, 25 kick on back
4 x 25 almost catchup
4 x 50 build
4 x 25 easy, choice swim

2/3/4 x {
 3 x 100 swim, strong
 4 x 50 odds: build, evens: fast
}

1 x 200 cool down

2000

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