

Lanes 1-2

2 x 100 swim, choice

8 x 25 odds - kick, evens - swim

3 x 50 kick with kickboard, face in water

3 x 50 kick on side with kickboard, switch sides each 25

3 x 50 one arm freestyle with kickboard, switch sides each 25

3 x 50 swim

8 x 25 6&switch

3 x 50 swim breathing every 3

8 x 25 almost catchup

4 x 50 swim, build

1 x 200 cool down

1750

Lanes 1-2

2 x 100 swim, choice

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3 x 50 one arm freestyle with kickboard, switch sides each 25

3 x 50 swim

8 x 25 6&switch

3 x 50 swim breathing every 3

8 x 25 almost catchup

4 x 50 swim, build

1 x 200 cool down

1750

Lanes 3-4

300 swim, choice

2 x 75 kick, build

1 x 200 kick on back, add 1 dolphin kick each 50

3 x 150 - 50 swim, 50 drill, 50 build

4 x 75 breathe 3, 4, 5 by 25

2 x 50 build

2 x 100 strong, add 2 dolphin per 25

2 x 50 fast, 2-3 breaths per 50, :30 rest

7 minute continuous swim

1 x 200 cool down

2000

Lanes 3-4

300 swim, choice

2 x 75 kick, build

1 x 200 kick on back, add 1 dolphin kick each 50

3 x 150 - 50 swim, 50 drill, 50 build

4 x 75 breathe 3, 4, 5 by 25

2 x 50 build

2 x 100 strong, add 2 dolphin per 25

2 x 50 fast, 2-3 breaths per 50, :30 rest

7 minute continuous swim

1 x 200 cool down

2000

Lanes 3-4

300 swim, choice

2 x 75 kick, build

1 x 200 kick on back, add 1 dolphin kick each 50

3 x 150 - 50 swim, 50 drill, 50 build

4 x 75 breathe 3, 4, 5 by 25

2 x 50 build

2 x 100 strong, add 2 dolphin per 25

2 x 50 fast, 2-3 breaths per 50, :30 rest

7 minute continuous swim

1 x 200 cool down

2000

Lanes 5-6

300 swim, choice

2 x {

4 x 75 kick, build

1 x 200 kick on back, add 2 dolphin kicks each 50

}

3 x 150 - 50 swim, 50 drill, 50 build

4 x 125 breathe 3, 4, 5, 6, 7 by 25

2 x 50 build, 4-6 breaths per 50

4 x 100 strong, add 2 dolphin per 25

2 x 50 build, no breathing inside flags

:30 rest

4 x 50 fast, 2-3 breaths per 50, :30 rest

1 x 100 backstroke

1 x 200 cool down

3350

Lanes 5-6

300 swim, choice

2 x {
 4 x 75 kick, build
 1 x 200 kick on back, add 2 dolphin kicks each 50
}

3 x 150 - 50 swim, 50 drill, 50 build

4 x 125 breathe 3, 4, 5, 6, 7 by 25
2 x 50 build, 4-6 breaths per 50
4 x 100 strong, add 2 dolphin per 25
2 x 50 build, no breathing inside flags
:30 rest
4 x 50 fast, 2-3 breaths per 50, :30 rest

1 x 100 backstroke
1 x 200 cool down

3350

Lanes 5-6

300 swim, choice

2 x {
 4 x 75 kick, build
 1 x 200 kick on back, add 2 dolphin kicks each 50
}

3 x 150 - 50 swim, 50 drill, 50 build

4 x 125 breathe 3, 4, 5, 6, 7 by 25
2 x 50 build, 4-6 breaths per 50
4 x 100 strong, add 2 dolphin per 25
2 x 50 build, no breathing inside flags
:30 rest
4 x 50 fast, 2-3 breaths per 50, :30 rest

1 x 100 backstroke
1 x 200 cool down

3350