

## **Lanes 1-2**

200 swim, choice

6 x 50 - 25 build, 25 swim

4 x 50 kick on back or with kickboard

4 x 25 kick on side

4 x 25 6&switch

2 x {

8 x 25 odds - drill, evens - swim with overkick

4 x 50 build

2 x 25 fast

}

1 x 200 cool down

2000

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1 x 200 cool down

2000

### **Lanes 3-4**

2 x 200 swim, choice

6 x 75 - kick, drill, swim by 25

2 x 150 - 50 swim, 50 build, 50 swim

4 x 50 descend

1 x 50 smooth

6 x 100 odds - descend to controlled fast, evens - strong

4 x 25 fast

1 x 200 cool down

2300

### **Lanes 3-4**

2 x 200 swim, choice

6 x 75 - kick, drill, swim by 25

2 x 150 - 50 swim, 50 build, 50 swim

4 x 50 descend

1 x 50 smooth

6 x 100 odds - descend to controlled fast, evens - strong

4 x 25 fast

1 x 200 cool down

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### **Lanes 3-4**

2 x 200 swim, choice

6 x 75 - kick, drill, swim by 25

2 x 150 - 50 swim, 50 build, 50 swim

4 x 50 descend

1 x 50 smooth

6 x 100 odds - descend to controlled fast, evens - strong

4 x 25 fast

1 x 200 cool down

2300

### **Lanes 5-6**

2 x 200 swim, choice

6 x 75 - kick, drill, swim by 25

5 minute continuous swim

4 x 100 swim, odds - strong, evens - build

3 x 200 swim, descend to controlled fast

2 x 300 swim, rotate 100 controlled fast

4 x 50 - 25 backstroke, 25 choice

1 x 200 cool down

2850

### **Lanes 5-6**

2 x 200 swim, choice

6 x 75 - kick, drill, swim by 25

5 minute continuous swim

4 x 100 swim, odds - strong, evens - build

3 x 200 swim, descend to controlled fast

2 x 300 swim, rotate 100 controlled fast

4 x 50 - 25 backstroke, 25 choice

1 x 200 cool down

2850

### **Lanes 5-6**

2 x 200 swim, choice

6 x 75 - kick, drill, swim by 25

5 minute continuous swim

4 x 100 swim, odds - strong, evens - build

3 x 200 swim, descend to controlled fast

2 x 300 swim, rotate 100 controlled fast

4 x 50 - 25 backstroke, 25 choice

1 x 200 cool down

2850

