

Lanes 1-2

5 minute swim, swim without stopping for as long as possible

4 x 25 kick on side

4 x 25 scull

4 x 50 one arm freestyle, switch arms at 25

2 x 100 swim

1 x 200 - build by 50

1 x 150 swim, steady (25%)

1 x 100 swim, strong (50%)

1 x 50 swim, controlled fast (75%)

1 x 25 swim, fast (>80%)

1 x 200 cool down

1325

Lanes 1-2

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4 x 50 one arm freestyle, switch arms at 25

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1 x 150 swim, steady (25%)

1 x 100 swim, strong (50%)

1 x 50 swim, controlled fast (75%)

1 x 25 swim, fast (>80%)

1 x 200 cool down

1325

Lanes 3-4

10 minute swim, goal is to swim entire time, DO NOT SWIM FAST

2 x {

2 x 150 - 50 drill, 50 kick, 50 swim

2 x 75 build to controlled fast (75%)

}

4 x 25 swim, breathe every 3

4 x 100 strong (50%) :30 rest

2 x 200 controlled fast (75%) :20 rest

2 x 25 fast :10 rest

4 x 50 easy

2050

Lanes 3-4

10 minute swim, goal is to swim entire time, DO NOT SWIM FAST

2 x {

2 x 150 - 50 drill, 50 kick, 50 swim

2 x 75 build to controlled fast (75%)

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4 x 25 swim, breathe every 3

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2 x 200 controlled fast (75%) :20 rest

2 x 25 fast :10 rest

4 x 50 easy

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2 x {

2 x 150 - 50 drill, 50 kick, 50 swim

2 x 75 build to controlled fast (75%)

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4 x 25 swim, breathe every 3

4 x 100 strong (50%) :30 rest

2 x 200 controlled fast (75%) :20 rest

2 x 25 fast :10 rest

4 x 50 easy

2050

Lanes 5-6

1 x 600 warm up @1:34-1:40

:30 rest

1 x 200 – 25 broken arrow, 25 free @1:34-1:40

:30 rest

4 x {

4 x 50 – 12.5 scull, 12.5 doggy paddle, 25 free @1:34-1:40

:30 rest

}

3 x 500 (@1:29) :30 rest

2 x 400 (@1:23) :30 rest

1 x 200 easy (@1:34-1:40) :30 rest

3 x 200 (@1:23) :30 rest

1 x 200 easy (@1:34-1:40) :30 rest

6 x 100 (@1:23) :30 rest

1 x 200 cool down

