

Lanes 1-2

3 x 100 swim
4 x 50 kick
3 x 100 50 drill, 50 build

2 x 50 pull
4 x 25 scull
4 x 50 - 25 catch up, 25 swim
2 x 75 swim

3 x 100 build
3 x 50 strong
4 x 25 build

200 cool down

2100

Lanes 3-4

3 x 100 swim
4 x 50 kick
3 x 100 50 drill, 50 build

4 x 50 pull
4 x 25 scull
4 x 50 - 25 catch up, 25 swim
2 x 75 swim

3 x 150 rotate 50 fast
3 x 100 strong
3 x 50 build

200 cool down

2550

Lanes 5-6

3 x 100 swim
4 x 50 kick
3 x 100 50 drill, 50 build

4 x 50 pull
4 x 25 scull
4 x 50 - 25 catch up, 25 swim
2 x 75 swim

3 x 200 rotate 50 fast
3 x 100 strong

3 x 75 build to 75%

3 x 50 strong

200 cool down

2925