

## Lanes 1-2

1 x 200 swim, choice  
4 x 75 - 25 kick, 25 drill, 25 swim

2 x {  
    4 x 50 build  
    2 x 25 smooth  
}

2 x 25 @:15 rest  
3 x 50 @:20 rest  
1 x 75 @:10 rest  
3 x 50 @:20 rest  
2 x 25 @:15 rest

200 Cool Down

1675

## Lanes 1-2

1 x 200 swim, choice  
4 x 75 - 25 kick, 25 drill, 25 swim

2 x {  
    4 x 50 build  
    2 x 25 smooth  
}

2 x 25 @:15 rest  
3 x 50 @:20 rest  
1 x 75 @:10 rest  
3 x 50 @:20 rest  
2 x 25 @:15 rest

200 Cool Down

1675

### **Lanes 3-4**

1 x 300 swim, choice  
4 x 75 kick, build  
4 x 75 - 50 drill, 25 swim

4 x 50 descend  
2 x 50 smooth

4 x 50 @ :15 rest  
3 x 100 @ :20 rest  
4 x 150 @ :10 rest  
3 x 100 @ :20 rest  
4 x 50 @ :15 rest

200 Cool Down

3000

### **Lanes 3-4**

1 x 300 swim, choice  
4 x 75 kick, build  
4 x 75 - 50 drill, 25 swim

4 x 50 descend  
2 x 50 smooth

4 x 50 @ :15 rest  
3 x 100 @ :20 rest  
4 x 150 @ :10 rest  
3 x 100 @ :20 rest  
4 x 50 @ :15 rest

200 Cool Down

3000

### **Lanes 3-4**

1 x 300 swim, choice  
4 x 75 kick, build  
4 x 75 - 50 drill, 25 swim

4 x 50 descend  
2 x 50 smooth

4 x 50 @ :15 rest  
3 x 100 @ :20 rest  
4 x 150 @ :10 rest  
3 x 100 @ :20 rest  
4 x 50 @ :15 rest

200 Cool Down

3000

### **Lanes 5-6**

1 x 300 swim, choice  
4 x 75 kick, build  
4 x 75 - 50 drill, 25 swim

8 x 100 descend in groups of 2  
2 x 50 smooth

4 x 50 @ :15 rest  
3 x 100 @ :20 rest  
4 x 200 @ :15 rest  
3 x 100 @ :20 rest  
4 x 50 @ :15 rest

200 Cool Down

3800

### **Lanes 5-6**

1 x 300 swim, choice  
4 x 75 kick, build  
4 x 75 - 50 drill, 25 swim

8 x 100 descend in groups of 2  
2 x 50 smooth

4 x 50 @ :15 rest  
3 x 100 @ :20 rest  
4 x 200 @ :15 rest  
3 x 100 @ :20 rest  
4 x 50 @ :15 rest

200 Cool Down

3800

### **Lanes 5-6**

1 x 300 swim, choice  
4 x 75 kick, build  
4 x 75 - 50 drill, 25 swim

8 x 100 descend in groups of 2  
2 x 50 smooth

4 x 50 @ :15 rest  
3 x 100 @ :20 rest  
4 x 200 @ :15 rest  
3 x 100 @ :20 rest  
4 x 50 @ :15 rest

200 Cool Down

3800

