

## **Lanes 1-2**

2 x {  
    2 x 100 swim, choice  
    2 x 75 - 25 kick, 25 drill, 25 swim  
}

4 x 50 - 25 kick on side, 25 6&switch  
4 x 50 - 25 fingertip drag, 25 swim

2 x 100 breathe every 3 strokes  
6 x 25 no breath inside flags  
2 x 100 breathe every 4-5 strokes  
2 x 25 swim as long as you can without breathing

1 x 200 cool down

1900

## **Lanes 1-2**

2 x {  
    2 x 100 swim, choice  
    2 x 75 - 25 kick, 25 drill, 25 swim  
}

4 x 50 - 25 kick on side, 25 6&switch  
4 x 50 - 25 fingertip drag, 25 swim

2 x 100 breathe every 3 strokes  
6 x 25 no breath inside flags  
2 x 100 breathe every 4-5 strokes  
2 x 25 swim as long as you can without breathing

1 x 200 cool down

1900

### **Lanes 3-4**

2 x {  
    2 x 100 swim, choice  
    2 x 75 - 25 kick, 25 drill, 25 swim  
}

4 x 100 - 50 kick on side, 50 6&switch  
4 x 100 - 25 fingertip drag, 25 swim, 25 pause drill, 25 swim

4 x 100 - 50 breathe every 3 strokes, 50 breathe every 5 strokes  
6 x 25 no breath inside flags  
3 x 100 breathe every 4-5 strokes  
4 x 25 swim as long as you can without breathing

1 x 200 cool down

2650

### **Lanes 3-4**

2 x {  
    2 x 100 swim, choice  
    2 x 75 - 25 kick, 25 drill, 25 swim  
}

4 x 100 - 50 kick on side, 50 6&switch  
4 x 100 - 25 fingertip drag, 25 swim, 25 pause drill, 25 swim

4 x 100 - 50 breathe every 3 strokes, 50 breathe every 5 strokes  
6 x 25 no breath inside flags  
3 x 100 breathe every 4-5 strokes  
4 x 25 swim as long as you can without breathing

1 x 200 cool down

2650

### **Lanes 3-4**

2 x {

2 x 100 swim, choice

2 x 75 - 25 kick, 25 drill, 25 swim

}

4 x 100 - 50 kick on side, 50 6&switch

4 x 100 - 25 fingertip drag, 25 swim, 25 pause drill, 25 swim

4 x 100 - 50 breathe every 3 strokes, 50 breathe every 5 strokes

6 x 25 no breath inside flags

3 x 100 breathe every 4-5 strokes

4 x 25 swim as long as you can without breathing

1 x 200 cool down

2650

### **Lanes 5-6**

2 x {

2 x 100 swim, choice

2 x 75 - 25 kick, 25 drill, 25 swim

}

4 x 100 - 50 kick on side, 50 6&switch

4 x 100 - 25 fingertip drag, 25 swim, 25 pause drill, 25 swim

4 x 100 - breathe every 3,5,7,9 strokes by 25

6 x 50 no breath inside flags

3 x 100 breathe every 4-5 strokes

8 x 25 no breath last 12.5

1 x 200 cool down

2900

### **Lanes 5-6**

2 x {  
    2 x 100 swim, choice  
    2 x 75 - 25 kick, 25 drill, 25 swim  
}

4 x 100 - 50 kick on side, 50 6&switch  
4 x 100 - 25 fingertip drag, 25 swim, 25 pause drill, 25 swim

4 x 100 - breathe every 3,5,7,9 strokes by 25  
6 x 50 no breath inside flags  
3 x 100 breathe every 4-5 strokes  
8 x 25 no breath last 12.5

1 x 200 cool down

2900

### **Lanes 5-6**

2 x {  
    2 x 100 swim, choice  
    2 x 75 - 25 kick, 25 drill, 25 swim  
}

4 x 100 - 50 kick on side, 50 6&switch  
4 x 100 - 25 fingertip drag, 25 swim, 25 pause drill, 25 swim

4 x 100 - breathe every 3,5,7,9 strokes by 25  
6 x 50 no breath inside flags  
3 x 100 breathe every 4-5 strokes  
8 x 25 no breath last 12.5

1 x 200 cool down

2900

