

Lanes 1-2

1-3 snake swims

12 x 50

1-4 25 fingertip drag, 25 almost catchup

5-8 kick, build

9-12 swim

4 x 100 swim, descend

2 x 25 fast

4 x 25 easy

1 x 200 cool down

1350

Lanes 1-2

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1-4 25 fingertip drag, 25 almost catchup

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Lanes 3-4

1-3 snake swims

6 x 100

1-4 25 fingertip drag, 25 almost catchup, 50 swim

5-8 kick, build

9-12 swim

8 x 25 - 12.5 fast, 12.5 easy

5 x 100 swim, descend (first 2 easy)

2 x 25 fast

4 x 25 easy

2 x 100 fast

4 x 25 easy

1 x 200 cool down

1950

Lanes 3-4

1-3 snake swims

6 x 100

1-4 25 fingertip drag, 25 almost catchup, 50 swim

5-8 kick, build

9-12 swim

8 x 25 - 12.5 fast, 12.5 easy

5 x 100 swim, descend (first 2 easy)

2 x 25 fast

4 x 25 easy

2 x 100 fast

4 x 25 easy

1 x 200 cool down

1950

Lanes 3-4

1-3 snake swims

6 x 100

1-4 25 fingertip drag, 25 almost catchup, 50 swim

5-8 kick, build

9-12 swim

8 x 25 - 12.5 fast, 12.5 easy

5 x 100 swim, descend (first 2 easy)

2 x 25 fast

4 x 25 easy

2 x 100 fast

4 x 25 easy

1 x 200 cool down

1950

Lanes 5-6

2-3 snake swims

2 x 200 - 50 kick, 50 drill, 50 build, 50 swim

4 x 50 build

6 x 100 swim, hold best average, :20 rest

4 x 50 smooth

1 x 200 same pace as 100's, :40 rest

1 x 300 same pace as 100's, :40 rest

1 x 500 close as possible to 100's pace, :40 rest

1 x 200 cool down

2600

Lanes 5-6

2-3 snake swims

2 x 200 - 50 kick, 50 drill, 50 build, 50 swim

4 x 50 build

6 x 100 swim, hold best average, :20 rest

4 x 50 smooth

1 x 200 same pace as 100's, :40 rest

1 x 300 same pace as 100's, :40 rest

1 x 500 close as possible to 100's pace, :40 rest

1 x 200 cool down

2600