

## **Lanes 1-2**

1 x 200 swim, choice  
1 x 200 kick, 50 strong, 50 build

1 x 50 swim  
4 x 75 breathe every 2/3/4  
2 x 50 build

2 x 100 best average  
2 x 50 kick, fast  
2 x 50 easy

4 x 75 #1 - 25 fast, 25 easy, 25 fast  
    #2 - all fast  
    #3 - 25 easy, 25 fast, 25 easy  
    #4 - all fast, try to be faster than #2

1 x 200 cool down

1750

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1 x 200 cool down

1750

### **Lanes 3-4**

1 x 200 swim, choice  
1 x 200 kick, 50 strong, 50 build

1 x 50 swim  
4 x 75 breathe every 3/4/5  
2 x 50 build

2 x {  
    2 x 100 best average  
    2 x 50 kick, fast  
    2 x 50 easy  
}

4 x 75 #1 - 25 fast, 25 easy, 25 fast  
    #2 - all fast  
    #3 - 25 easy, 25 fast, 25 easy  
    #4 - all fast, try to be faster than #2

1 x 200 cool down

2150

### **Lanes 3-4**

1 x 200 swim, choice  
1 x 200 kick, 50 strong, 50 build

1 x 50 swim  
4 x 75 breathe every 3/4/5  
2 x 50 build

2 x {  
    2 x 100 best average  
    2 x 50 kick, fast  
    2 x 50 easy  
}

4 x 75 #1 - 25 fast, 25 easy, 25 fast  
    #2 - all fast  
    #3 - 25 easy, 25 fast, 25 easy  
    #4 - all fast, try to be faster than #2

1 x 200 cool down

2150

### **Lanes 5-6**

1 x 300 swim, choice  
1 x 200 kick, 50 strong, 50 build

1 x 50 swim  
4 x 75 breathe every 3/4/5  
2 x 50 build

2 x {  
    2 x 100 best average  
    2 x 50 kick, fast  
    1 x 100 easy  
    4 x 75 #1 - 25 fast, 25 easy, 25 fast  
        #2 - all fast  
        #3 - 25 easy, 25 fast, 25 easy  
        #4 - all fast, try to be faster than #2  
    1 x 100 easy  
}

1 x 200 cool down

2750

### **Lanes 5-6**

1 x 300 swim, choice  
1 x 200 kick, 50 strong, 50 build

1 x 50 swim  
4 x 75 breathe every 3/4/5  
2 x 50 build

2 x {  
    2 x 100 best average  
    2 x 50 kick, fast  
    1 x 100 easy  
    4 x 75 #1 - 25 fast, 25 easy, 25 fast  
        #2 - all fast  
        #3 - 25 easy, 25 fast, 25 easy  
        #4 - all fast, try to be faster than #2  
    1 x 100 easy  
}

1 x 200 cool down

2750