

## **Lanes 1-2**

1 x 200 warm up

4 x 50 - 25 kick, 25 drill

2 x {

2 x 50 swim

2 x 100 - 25 fingertip drag, 50 swim, 25 fingertip drag

2 x 50 build

}

7 minute continuous swim

2 x 50 backstroke/smooth

4 x 25 build

4 x 25 fast

2 x 50 backstroke

200 Cool Down

1800

## **Lanes 1-2**

1 x 200 warm up

4 x 50 - 25 kick, 25 drill

2 x {

2 x 50 swim

2 x 100 - 25 fingertip drag, 50 swim, 25 fingertip drag

2 x 50 build

}

7 minute continuous swim

2 x 50 backstroke/smooth

4 x 25 build

4 x 25 fast

2 x 50 backstroke

200 Cool Down

1800

### **Lanes 3-4**

1 x 300 warm up  
2 x 150 - 50 kick, 50 drill, 50 swim

2 x {  
    3 x 100 swim  
    4 x 100 descend  
    2 x 50 fast  
}  
2 x 50 smooth

7 minute continuous swim, goal should be to get +400 yards

2 x 25 fast  
200 Cool Down

2550

### **Lanes 3-4**

1 x 300 warm up  
2 x 150 - 50 kick, 50 drill, 50 swim

2 x {  
    3 x 100 swim  
    4 x 100 descend  
    2 x 50 fast  
}  
2 x 50 smooth

7 minute continuous swim, goal should be to get +400 yards

2 x 25 fast  
200 Cool Down

2550

### **Lanes 5-6**

300 warm up  
4 x 75 kick, build  
4 x 50 drill  
2 x 50 swim

2 x 75 swim  
4 x 200 descend, drop 2-5 seconds every 200  
4 x 50 fast, ~3 breaths per 50

2 x 100 smooth

7 minute continuous swim, goal should be to get to +500 yards

2 x 100 - 50 backstroke, 50 choice  
200 Cool Down

2650

### **Lanes 5-6**

300 warm up  
4 x 75 kick, build  
4 x 50 drill  
2 x 50 swim

2 x 75 swim  
4 x 200 descend, drop 2-5 seconds every 200  
4 x 50 fast, ~3 breaths per 50

2 x 100 smooth

7 minute continuous swim, goal should be to get to +500 yards

2 x 100 - 50 backstroke, 50 choice  
200 Cool Down

2650