

Lanes 1-2

1 x 200 swim
2 x 100 kick
4 x 50 drill

4 x 50 no free

1 x 300 strong
2 x 50 build
1 x 250 strong
4 x 50 build
1 x 200 strong
2 x 50 build
1 x 100 fast

8 x 25 - 2-3 breaths

200 Cool Down

2350

Lanes 1-2

1 x 200 swim
2 x 100 kick
4 x 50 drill

4 x 50 no free

1 x 300 strong
2 x 50 build
1 x 250 strong
4 x 50 build
1 x 200 strong
2 x 50 build
1 x 100 fast

8 x 25 - 2-3 breaths

200 Cool Down

2350

Lanes 3 - 4

1 x 200 swim
4 x 100 kick
4 x 50 drill

4 x 50 no free

1 x 400 strong
4 x 50 build
1 x 300 strong
4 x 50 build
1 x 200 strong
4 x 50 build
1 x 100 fast

8 x 25 - 2-3 breaths
200 Cool Down

3000

Lanes 3 - 4

1 x 200 swim
4 x 100 kick
4 x 50 drill

4 x 50 no free

1 x 400 strong
4 x 50 build
1 x 300 strong
4 x 50 build
1 x 200 strong
4 x 50 build
1 x 100 fast

8 x 25 - 2-3 breaths
200 Cool Down

3000

Lanes 3 - 4

1 x 200 swim
4 x 100 kick
4 x 50 drill

4 x 50 no free

1 x 400 strong
4 x 50 build
1 x 300 strong
4 x 50 build
1 x 200 strong
4 x 50 build
1 x 100 fast

8 x 25 - 2-3 breaths
200 Cool Down

3000

Lanes 5 & 6

2x {
 1 x 100 swim
 1 x 200 kick
 4 x 50 drill
}

4 x 50 no free

1 x 400 strong
4 x 50 build
1 x 300 strong
4 x 50 build
1 x 200 strong
4 x 50 build
1 x 100 fast

8 x 25 - 2-3 breaths

200 Cool Down

3200

Lanes 5 & 6

2x {
 1 x 100 swim
 1 x 200 kick
 4 x 50 drill

}

4 x 50 no free

1 x 400 strong

4 x 50 build

1 x 300 strong

4 x 50 build

1 x 200 strong

4 x 50 build

1 x 100 fast

8 x 25 - 2-3 breaths

200 Cool Down

3200

Lanes 5 & 6

2x {
 1 x 100 swim
 1 x 200 kick
 4 x 50 drill

}

4 x 50 no free

1 x 400 strong

4 x 50 build

1 x 300 strong

4 x 50 build

1 x 200 strong

4 x 50 build

1 x 100 fast

8 x 25 - 2-3 breaths

200 Cool Down

3200

