

Lanes 1 & 2

200 swim

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

4 x 75 kick, build

4 x 100 kick, descend

4 x 50 pull

4 x 50 #1 - breath every 3

 #2 - breath every 5

 #3 & #4 - breath every 7

4 x 50 DPS

1 x 200 swim

1 x 300 swim

1 x 200 swim

200 Cool Down

2550

Lanes 1 & 2

200 swim

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

4 x 75 kick, build

4 x 100 kick, descend

4 x 50 pull

4 x 50 #1 - breath every 3

 #2 - breath every 5

 #3 & #4 - breath every 7

4 x 50 DPS

1 x 200 swim

1 x 300 swim

1 x 200 swim

200 Cool Down

2550

Lanes 3 & 4

200 swim

4 x 75 - 25 swim, 25 kick, 25 backstroke

4 x 75 kick, build

4 x 100 kick, descend

4 x 50 pull

4 x 50 #1 - breath every 3

 #2 - breath every 5

 #3 & #4 - breath every 7

4 x 50 DPS

2 x 200 swim

1 x 300 swim

2 x 200 swim

200 Cool Down

3100

Lanes 3 & 4

200 swim

4 x 75 - 25 swim, 25 kick, 25 backstroke

4 x 75 kick, build

4 x 100 kick, descend

4 x 50 pull

4 x 50 #1 - breath every 3

 #2 - breath every 5

 #3 & #4 - breath every 7

4 x 50 DPS

2 x 200 swim

1 x 300 swim

2 x 200 swim

200 Cool Down

3100

Lanes 5 & 6

300 swim

4 x 75 - 25 swim, 25 kick, 25 backstroke

4 x 75 kick, build

4 x 100 kick, descend

4 x 50 pull

4 x 50 #1 - breath every 3

 #2 - breath every 5

 #3 & #4 - breath every 7

4 x 50 DPS

2 x 200 swim

2 x 300 swim

2 x 200 swim

200 Cool Down

3500

Lanes 5 & 6

300 swim

4 x 75 - 25 swim, 25 kick, 25 backstroke

4 x 75 kick, build

4 x 100 kick, descend

4 x 50 pull

4 x 50 #1 - breath every 3

 #2 - breath every 5

 #3 & #4 - breath every 7

4 x 50 DPS

2 x 200 swim

2 x 300 swim

2 x 200 swim

200 Cool Down

3500

