

Lanes 1-2

2 x 100 swim, choice

6 x 50 - 1-2 kick, 3-4 drill, 5-6 swim

4 x 50 kick on side

4 x 25 6&switch

4 x 25 6-3-6

2 x 50 - 25 6&switch, 25 6-3-6

2 x 100 swim

4 x 25 scull, arms in front

4 x 50 - 25 catchup, 25 almost catchup

4 x 25 shark drill

2 x 100 swim

4 x 50 build

1 x 200 swim

1 x 100 cool down

2300