

Lanes 1-2

1 x 200 swim, choice

4 x 50 kick, build

2 x 25 kick, fast

2 x {

4 x 100 - 50 drill, 50 swim

2 x 25 build

4 x 50 fast, :30 rest after each 50

1 x 50 smooth

}

200 Cool Down

2050

Lanes 1-2

1 x 200 swim, choice

4 x 50 kick, build

2 x 25 kick, fast

2 x {

4 x 100 - 50 drill, 50 swim

2 x 25 build

4 x 50 fast, :30 rest after each 50

1 x 50 smooth

}

200 Cool Down

2050

Lanes 3-4

1 x 300 swim, choice

2 x {

2 x 75 kick, build

2 x 25 kick, fast

}

2 x {

4 x 100 - 50 drill, 50 swim

2 x 50 build

4 x 50 fast, :30 rest after each 50

1 x 50 smooth

}

200 Cool Down

2400

Lanes 3-4

1 x 300 swim, choice

2 x {

2 x 75 kick, build

2 x 25 kick, fast

}

2 x {

4 x 100 - 50 drill, 50 swim

2 x 50 build

4 x 50 fast, :30 rest after each 50

1 x 50 smooth

}

200 Cool Down

2400

Lanes 3-4

1 x 300 swim, choice

2 x {

2 x 75 kick, build

2 x 25 kick, fast

}

2 x {

4 x 100 - 50 drill, 50 swim

2 x 50 build

4 x 50 fast, :30 rest after each 50

1 x 50 smooth

}

200 Cool Down

2400

Lanes 5-6

1 x 300 swim, choice

2 x {

2 x 75 kick, build

2 x 25 kick, fast

}

16 x 25 - 1-4 kick underwater to halfway, 5-8 breath every 5, 9-12 build, 13-16 no breath in flags

2 x {

4 x 100 - 50 drill, 50 swim

4 x 50 build

4 x 50 fast, :20 rest after each 50

1 x 50 smooth

}

200 Cool Down

3000

Lanes 5-6

1 x 300 swim, choice

2 x {

2 x 75 kick, build

2 x 25 kick, fast

}

16 x 25 - 1-4 kick underwater to halfway, 5-8 breath every 5, 9-12 build, 13-16 no breath in flags

2 x {

4 x 100 - 50 drill, 50 swim

4 x 50 build

4 x 50 fast, :20 rest after each 50

1 x 50 smooth

}

200 Cool Down

3000

Lanes 5-6

1 x 300 swim, choice

2 x {

2 x 75 kick, build

2 x 25 kick, fast

}

16 x 25 - 1-4 kick underwater to halfway, 5-8 breath every 5, 9-12 build, 13-16 no breath in flags

2 x {

4 x 100 - 50 drill, 50 swim

4 x 50 build

4 x 50 fast, :20 rest after each 50

1 x 50 smooth

}

200 Cool Down

3000