Lane 1

3 x 75 - 50 kick , 25 swim
1 x 150 - pull

2 x {
      4 x 50 drill
      4 x 25 build
}

2 x 75 25 kick, 25 drill, 25 swim
4 x 50 build

1 x 200 smooth

2 x 300
      #1 fast
`   #2 strong (6 - 10 seconds slower per 100 than the fast)

200 Cool Down   2325

Lanes 2 - 4

3 x 125 - 50 kick , 75 swim
1 x 200 - pull

2 x {
      4 x 50 drill
      4 x 25 build
}

2 x 75 25 kick, 25 drill, 25 swim
4 x 50 build

1 x 200 smooth

3 x 300
      #1 fast
`   #2 strong (6 - 10 seconds slower per 100 than the fast)
      #3 strong

200 Cool Down

                                              2825

Lanes 5 & 6

4 x 125 - 50 kick , 75 swim
1 x 200 - pull

2 x {
      4 x 50 drill
      4 x 25 build
}

4 x 75 25 kick, 25 drill, 25 swim
4 x 50 build

1 x 200 smooth

3 x 300
      #1 fast
`   #2 strong (6 - 10 seconds slower per 100 than the fast)
      #3 strong

200 Cool Down

                                          3100