

Lanes 1-2

2 x 75 choice swim

4 x 75 - 25 kick, 50 drill

3 x {

8 x 25 drill

2 x 100 swim, think about drill while swimming

}

Round 1: 6 & switch

Round 2: pause drill

Round 3: fingertip drag

1650

Lanes 3-4

2 x 100 choice swim

4 x 75 - 25 kick, 50 drill

3 x {

8 x 25 drill

2 x 100 swim, think about drill while swimming

}

Round 1: 6 & switch

Round 2: pause drill

Round 3: fingertip drag

200 cool down

1900

Lanes 5-6

2 x 150 - 50 swim, 50 kick, 50 drill

2 x 100 - 50 drill, 50 build

4 x {

4 x 50 drill

2 x 100 swim, think about drill while swimming

}

Round 1: 6 & switch

Round 2: pause drill

Round 3: fingertip drag

Round 4: fist drill

2100