

Lanes 1-2

2 x {
 100 choice
 4 x 25 backstroke
 2 x 50 kick }

4 x 25 almost catchup
2 x 50 swim
4 x 25 fingertip drag
2 x 50 swim

4 x 100 swim, last 25 build to controlled fast

200 cool down

1600

Lanes 1-2

2 x {
 100 choice
 4 x 25 backstroke
 2 x 50 kick }

4 x 25 almost catchup
2 x 50 swim
4 x 25 fingertip drag
2 x 50 swim

4 x 100 swim, last 25 build to controlled fast

200 cool down

1600

Lanes 3-4

200 choice
2 x {
 2 x 50 backstroke
 4 x 50 kick
}

4 x 100 - 25 almost catchup, 25 swim
6 x 50 odds - fingertip drag, evens - swim

4 x 100 swim, last 25 build to controlled fast

200 cool down

2100

Lanes 3-4

200 choice

2 x {

2 x 50 backstroke

4 x 50 kick

}

4 x 100 - 25 almost catchup, 25 swim

6 x 50 odds - fingertip drag, evens - swim

4 x 100 swim, last 25 build to controlled fast

200 cool down

2100

Lanes 5-6

300 choice

2 x 200 - 50 backstroke, 50 kick, 50 free, 50 kick

4 x 100 - 25 almost catchup, 25 swim

6 x 50 odds - fingertip drag, evens - swim

4 x 50 build

4 x 100 swim, last 25 build to controlled fast

4 x 50 reverse build (start fast, get slower but keep good form)

200 cool down

2400

Lanes 5-6

300 choice

2 x 200 - 50 backstroke, 50 kick, 50 free, 50 kick

4 x 100 - 25 almost catchup, 25 swim

6 x 50 odds - fingertip drag, evens - swim

4 x 50 build

4 x 100 swim, last 25 build to controlled fast

4 x 50 reverse build (start fast, get slower but keep good form)

200 cool down

2400

