

Lanes 1-2

1 x 200 warm up

4 x 75 - 25 kick, 25 drill, 25 swim

4 x 25 kick, build

6 x 25 swim w/ overkick

2 x {

4 x 25 - 6 kick superman

4 x 25 - 6&switch

2 x 50 swim, focus on entry and pull

}

200 choice swim

1550

Lanes 1-2

1 x 200 warm up

4 x 75 - 25 kick, 25 drill, 25 swim

4 x 25 kick, build

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4 x 25 - 6&switch

2 x 50 swim, focus on entry and pull

}

200 choice swim

1550

Lanes 3-4

1 x 300 warm up

4 x 75 - 25 kick, 25 drill, 25 swim

4 x 25 kick, build

6 x 25 swim w/ overkick

2 x {

4 x 25 - 6 kick superman

4 x 25 - 6&switch

2 x 50 swim, focus on entry and pull

}

2 x 50 build

4 x 100 strong

200 choice swim

2150

Lanes 3-4

1 x 300 warm up

4 x 75 - 25 kick, 25 drill, 25 swim

4 x 25 kick, build

6 x 25 swim w/ overkick

2 x {

4 x 25 - 6 kick superman

4 x 25 - 6&switch

2 x 50 swim, focus on entry and pull

}

2 x 50 build

4 x 100 strong

200 choice swim

2150

Lanes 5-6

1 x 300 warm up

4 x 75 - 25 kick, 25 drill, 25 swim

4 x 25 kick, build

6 x 25 swim w/ overkick

2 x {

4 x 25 - 6 kick superman

4 x 25 - 6&switch

2 x 50 swim, focus on entry and pull

}

2 x 25 last 12.5 fast

4 x 75 strong

2 x 50 build

4 x 100 strong

200 choice swim

2500

Lanes 5-6

1 x 300 warm up

4 x 75 - 25 kick, 25 drill, 25 swim

4 x 25 kick, build

6 x 25 swim w/ overkick

2 x {

4 x 25 - 6 kick superman

4 x 25 - 6&switch

2 x 50 swim, focus on entry and pull

}

2 x 25 last 12.5 fast

4 x 75 strong

2 x 50 build

4 x 100 strong

200 choice swim

2500