

Lanes 1-2

2 x 100 swim, choice

2 x 100 - 50 drill, 50 kick

4 x 25 almost catchup

2 x 25 build

4 x 25 breathe every 2/3/4/5

2 x 25 build

4 x 50 swim, kick underwater to flags

4 x 100 swim, focus on catch and breathing

4 x 100 descend

1 x 200 cool down

1900

Lanes 1-2

2 x 100 swim, choice

2 x 100 - 50 drill, 50 kick

4 x 25 almost catchup

2 x 25 build

4 x 25 breathe every 2/3/4/5

2 x 25 build

4 x 50 swim, kick underwater to flags

4 x 100 swim, focus on catch and breathing

4 x 100 descend

1 x 200 cool down

1900

Lanes 3-4

2 x 200 swim, choice

4 x 100 - 50 drill, 50 kick

4 x 50 - 25 almost catchup, 25 pause drill

4 x 25 build

4 x 50 breathe every 3/4/5/6 by 50

4 x 25 build

4 x 100 swim, focus on catch and breathing

4 x 100 descend

1 x 200 cool down

2400

Lanes 3-4

2 x 200 swim, choice

4 x 100 - 50 drill, 50 kick

4 x 50 - 25 almost catchup, 25 pause drill

4 x 25 build

4 x 50 breathe every 3/4/5/6 by 50

4 x 25 build

4 x 100 swim, focus on catch and breathing

4 x 100 descend

1 x 200 cool down

2400

Lanes 5-6

2 x 200 swim, choice

4 x 100 - 50 drill, 50 kick

4 x 50 - 25 almost catchup, 25 pause drill

4 x 50 build

4 x 50 breathe every 3/5/7/9 by 50

4 x 50 build

3 x 200 swim, focus on catch and breathing

4 x 100 descend

1 x 200 cool down

2800

Lanes 5-6

2 x 200 swim, choice

4 x 100 - 50 drill, 50 kick

4 x 50 - 25 almost catchup, 25 pause drill

4 x 50 build

4 x 50 breathe every 3/5/7/9 by 50

4 x 50 build

3 x 200 swim, focus on catch and breathing

4 x 100 descend

1 x 200 cool down

2800