Lanes 1-2

2 x 100 swim, choice
4 x 50 - 25 fingertip drag, 25 swim
4 x 50 - 25 6&switch, 25 6-3-6

4 x 50 swim, strong
4 x 25 kick, build
4 x 50 kick, middle 25 fast
3 x 75 add 25 fast
4 x 50 swim with overkick

1 x 200 cool down

1725

Lanes 3-4

2 x 100 swim, choice
4 x 50 - 25 fingertip drag, 25 swim
4 x 50 - 25 6&switch, 25 6-3-6

2 x {

      4 x 50 swim, strong
      4 x 25 kick, build
      4 x 50 kick, middle 25 fast
      3 x 75 add 25 fast
      4 x 50 swim with overkick

}

1 x 200 cool down

                                                        2650

Lanes 5-6

3 x 100 swim, choice
4 x 50 - 25 fingertip drag, 25 swim
4 x 50 - 25 6&switch, 25 6-3-6
4 x 25 build

2 x {

      4 x 50 swim, strong
      6 x 25 kick, build
      4 x 50 kick, middle 25 fast
      3 x 75 add 25 fast
      4 x 50 swim with overkick

}

8 x 25 swim breathe every 5-7
1 x 200 cool down

                                                        3150