

## **Lanes 1-2**

2 x 50 swim, choice

4 x 25 kick

2 x 25 drill

3 x 100 swim

2 x {

4 x 25 free with overkick

4 x 25 scull

4 x 25 build

4 x 100 descend

}

200 cool down

2150

## **Lanes 1-2**

2 x 50 swim, choice

4 x 25 kick

2 x 25 drill

3 x 100 swim

2 x {

4 x 25 free with overkick

4 x 25 scull

4 x 25 build

4 x 100 descend

}

200 cool down

2150

### **Lanes 3-4**

4 x 100 swim, choice

4 x 75 kick, drill, swim by 25

2 x {

4 x 25 free with overkick

4 x 25 scull

4 x 50 build

4 x 100 descend

}

200 cool down

2500

### **Lanes 3-4**

4 x 100 swim, choice

4 x 75 kick, drill, swim by 25

2 x {

4 x 25 free with overkick

4 x 25 scull

4 x 50 build

4 x 100 descend

}

200 cool down

2500

### **Lanes 3-4**

4 x 100 swim, choice

4 x 75 kick, drill, swim by 25

2 x {

4 x 25 free with overkick

4 x 25 scull

4 x 50 build

4 x 100 descend

}

200 cool down

2500

### **Lanes 5-6**

4 x 100 swim, choice

4 x 75 kick, drill, swim by 25

4 x 100 kick on back, build, minimum 3 dolphin kicks each wall

2 x {

4 x 25 free with overkick

4 x 25 scull

4 x 50 build

4 x 100 descend

}

200 cool down

2900

### **Lanes 5-6**

4 x 100 swim, choice

4 x 75 kick, drill, swim by 25

4 x 100 kick on back, build, minimum 3 dolphin kicks each wall

2 x {

4 x 25 free with overkick

4 x 25 scull

4 x 50 build

4 x 100 descend

}

200 cool down

2900