

Lanes 1-2

1 x 200 swim, choice
4 x 75 - 25 kick, 25 drill, 25 swim
4 x 50 - 25 pull, 25 swim

4 x 100 middle 50 fast
60 sec rest

2 x 25 controlled fast
2 x 150 middle 50 controlled fast
60 sec rest

1 x 50 controlled fast
1 x 200 middle 100 controlled fast
60 sec rest

2 x 100 smooth

1900

Lanes 1-2

1 x 200 swim, choice
4 x 75 - 25 kick, 25 drill, 25 swim
4 x 50 - 25 pull, 25 swim

4 x 100 middle 50 fast
60 sec rest

2 x 25 controlled fast
2 x 150 middle 50 controlled fast
60 sec rest

1 x 50 controlled fast
1 x 200 middle 100 controlled fast
60 sec rest

2 x 100 smooth

1900

Lanes 3-6

1 x 200 swim, choice
4 x 75 - 25 kick, 25 drill, 25 swim
4 x 50 - 25 pull, 25 swim

2 x 100 middle 50 fast
60 sec rest

1 x 50 controlled fast
2 x 200 middle 100 controlled fast
60 sec rest

1 x 50 controlled fast
1/2 x 300 middle 100 controlled fast
60 sec rest

1 x 50 controlled fast
1 x 400 middle 200 controlled fast
2 x 100 smooth

2350/2650

Lanes 3-6

1 x 200 swim, choice
4 x 75 - 25 kick, 25 drill, 25 swim
4 x 50 - 25 pull, 25 swim

2 x 100 middle 50 fast
60 sec rest

1 x 50 controlled fast
2 x 200 middle 100 controlled fast
60 sec rest

1 x 50 controlled fast
1/2 x 300 middle 100 controlled fast
60 sec rest

1 x 50 controlled fast
1 x 400 middle 200 controlled fast
2 x 100 smooth

2350/2650

Lanes 3-6

1 x 200 swim, choice
4 x 75 - 25 kick, 25 drill, 25 swim
4 x 50 - 25 pull, 25 swim

2 x 100 middle 50 fast
60 sec rest

1 x 50 controlled fast
2 x 200 middle 100 controlled fast
60 sec rest

1 x 50 controlled fast
1/2 x 300 middle 100 controlled fast
60 sec rest

1 x 50 controlled fast
1 x 400 middle 200 controlled fast
2 x 100 smooth

2350/2650

Lanes 3-6

1 x 200 swim, choice
4 x 75 - 25 kick, 25 drill, 25 swim
4 x 50 - 25 pull, 25 swim

2 x 100 middle 50 fast
60 sec rest

1 x 50 controlled fast
2 x 200 middle 100 controlled fast
60 sec rest

1 x 50 controlled fast
1/2 x 300 middle 100 controlled fast
60 sec rest

1 x 50 controlled fast
1 x 400 middle 200 controlled fast
2 x 100 smooth

2350/2650