Lanes 1-2

1 x 200 swim, choice

2 x 25 one arm butterfly
2 x 25 L-drill
2 x 25 pause breaststroke
2 x 25 catchup
1 x 100 IM (fly, back, breast, free)

4 x 25 scull
2 x 50 catchup
2 x 50 - 25 6&switch, 25 swim
2 x 50 strong
1 x 100 controlled fast
1 x 200 descend
2 x 50 fast

1 x 200 cool down

1500

Lanes 3-4

1 x 300 swim, choice

4 x 25 one arm butterfly
4 x 25 L-drill
4 x 25 pause breaststroke
4 x 25 catchup
2 x 100 IM (fly, back, breast, free)

4 x 25 scull
2 x 50 catchup
4 x 50 - 25 6&switch, 25 swim
4 x 50 strong
2 x 100 controlled fast
1 x 200 descend
2 x 50 fast

1 x 200 cool down

2200

Lanes 5-6

1 x 300 swim, choice

4 x 50 - 25 one arm butterfly, 25 swim fly
4 x 50 - 25 L-drill, 25 swim back
4 x 50 - 25 pause breaststroke, 25 swim breast
4 x 50 - 25 catchup, 25 swim free
2 x 100 IM (fly, back, breast, free)

4 x 25 scull
2 x 50 catchup
4 x 50 - 25 6&switch, 25 swim
4 x 50 strong
2 x 100 controlled fast
2 x 200 descend
2 x 50 fast

1 x 200 cool down

2800