

Lane 1

Warm up

400 easy, every 4th length choice stroke 400

Drill Set

**8 x 50 Fc alt 50 kick/50 Catch Up
last in first out** 800

Main set

8 x 200 Fc @ 3:30 2400

Last set

8 x 25 Fc fast @ 35 secs 2600

Warm Down (COMPULSORY)

200 Choice 2800

Lane 2

Warm up

400 easy, every 4th length choice stroke 400

Drill Set

**6 x 50 Fc alt 50 kick/50 Catch Up
last in first out** 700

Main set

8 x 200 Fc @ 3:50 2300

Last set

6 x 25 Fc fast @ 35 secs 2450

Warm Down (COMPULSORY)

150 Choice 2600

Lane 3

Warm up

300 easy, every 4th length choice stroke 300

Drill Set

**6 x 50 Fc alt 50 kick/50 Catch Up
last in first out** 600

Main set

8 x 200 Fc @ 4:10 2200

Last set

6 x 25 Fc fast @ 35 secs 2350

Warm Down (COMPULSORY)

150 Choice 2500

Lane 4

Warm up

200 easy, every 4th length choice stroke 200

Drill Set

**4 x 50 Fc alt 50 kick/50 Catch Up
last in first out** 400

Main set

8 x 200 Fc @ 4:30 2000

Last set

4 x 25 Fc fast @ 40 secs 2100

Warm Down (COMPULSORY)

150 Choice 2250