

<u>Lane 1</u>		<u>Total</u>
<u>Warm up:</u>	500 easy	500
<u>Drill/Swim:</u>	2 x (6 x 50) Fc drill Last in/first out	800
	1. Fists	
	2. Left arm only	
	3. Catch up	
	4. Right arm only	
	5. Doggy paddle	
	6. Long strokes	
<u>Pre-set:</u>	6 x 50 IM order and Fc @ 1:05 (ie 25 Fly into 25 Fc, 25 back into 25 Fc etc Repeat sequence)	1100
<u>Main Set:</u>	10 x 150 swum as follows:	2600
	1. 2 x 75 Fc @ 1:20	
	2. 150 IM no Fc (ie 25 fly, 50 back, 75 breast) last in first out	
	3. 3 x 50 Fc @ 50 secs	
	4. 2 x 75 IM (no Fc) last in/first out	
	5. 6 x 25 Fc @ 30 secs	
	Repeat set	

Warm down choice

<u>Lane 2</u>		<u>Total</u>
<u>Warm up:</u>	400 easy	400
<u>Drill/Swim:</u>	2 x (6 x 50) Fc drill Last in/first out	700
	7. Fists	
	8. Left arm only	
	9. Catch up	
	10. Right arm only	
	11. Doggy paddle	
	12. Long strokes	
<u>Pre-set:</u>	6 x 50 IM order and Fc @ 1:10 (ie 25 Fly into 25 Fc, 25 back into 25 Fc etc Repeat sequence)	1000
<u>Main Set:</u>	10 x 150 swum as follows:	2500
	6. 2 x 75 Fc @ 1:25	
	7. 150 IM no Fc (ie 25 fly, 50 back, 75 breast) last in first out	
	8. 3 x 50 Fc @ 55 secs	
	9. 2 x 75 IM (no Fc) last in/first out	
	10. 6 x 25 Fc @ 30 secs	
	Repeat set	

Warm down choice

<u>Lane 3</u>		<u>Total</u>
<u>Warm up:</u>	300 easy	300
<u>Drill/Swim:</u>	2 x (6 x 50) Fc drill	
	Last in/first out	600
	13. Fists	
	14. Left arm only	
	15. Catch up	
	16. Right arm only	
	17. Doggy paddle	
	18. Long strokes	
<u>Pre-set:</u>	6 x 50 IM order and Fc @ 1:15	
	(ie 25 Fly into 25 Fc, 25 back into 25 Fc etc	
	Repeat sequence)	900
<u>Main Set:</u>	10 x 150 swum as follows:	2400
	11. 2 x 75 Fc @ 1:30	
	12. 150 IM no Fc (ie 25 fly, 50 back, 75	
	breast) last in first out	
	13. 3 x 50 Fc @ 1:00	
	14. 2 x 75 IM (no Fc) last in/first out	
	15. 6 x 25 Fc @ 35 secs	
	Repeat set	

Warm down choice