

Lane 1

Warm up

4 X 150: 75 Fc/75 choice 10 secs rest 600

Stroke Set

12 x 25 Choice (IM order?) @ 35 secs 900

Main set (all Fc) 2100

1 x 250: Pull 30 secs rest

2 x 100: Swim @ 1:55

1 x 200: Pull 20 secs rest

2 x 100: Swim @ 1:50

1 x 150: Pull 10 secs rest

2 x 100: Swim @ 1:45

Last set

5 x 50 Fc fast @ 55 secs 2350

10 x 25 Fc sprints @ 30 secs 2600

Warm Down

Lane 2

Warm up

4 X 150: 75 Fc/75 choice 10 secs rest 600

Stroke Set

12 x 25 Choice (IM order?) @ 35 secs 900

Main set (all Fc) 2100

1 x 250: Pull 30 secs rest

2 x 100: Swim @ 1:55

1 x 200: Pull 20 secs rest

2 x 100: Swim @ 1:50

1 x 150: Pull 10 secs rest

2 x 100: Swim @ 1:45

Last set

5 x 50 Fc fast @ 55 secs 2350

10 x 25 Fc sprints @ 30 secs 2600

Warm Down

Lane 3

Warm up

4 X 150: 75 Fc/75 choice 10 secs rest 600

Stroke Set

12 x 25 Choice (IM order?) @ 40 secs 900

Main set (all Fc) 2100

1 x 250: Pull 30 secs rest

2 x 100: Swim @ 2:00

1 x 200: Pull 20 secs rest

2 x 100: Swim @ 1:55

1 x 150: Pull 10 secs rest

2 x 100: Swim @ 1:50

Last set

4 x 50 Fc fast @ 1:00 2300

8 x 25 Fc sprints @ 30 secs 2500

Warm Down

Lane 4

Warm up

4 X 75: 50 Fc/25 choice 10 secs rest 300

Stroke Set

8 x 25 Choice (IM order?) @ 50 secs 500

Main set (all Fc) 1400

1 x 200: Pull 30 secs rest

2 x 75: Swim @ 1:50

1 x 150: Pull 20 secs rest

2 x 75: Swim @ 1:45

1 x 100: Pull 10 secs rest

2 x 75: Swim @ 1:40

Last set

5 x 50 Fc @ 1:15 1650

10 x 25 Fc sprints @ 45 secs 1900

Warm Down