

Lane 1

Warm-up:	400 easy	400
Speedy Set:	8 x 50 m Fc @ 1:00 Sprint for 15 m after turn	800
	8 x 25m Choice @ 30s	1000
Breath control:	6 x 50 Fc @ 1:00 1-3 breathe every 3 strokes 4-6 breathe every 5 strokes	1300
Main set:	Swim 25s flat out, 50s fast, 100s steady	
	2 x 25 Choice @ 30 secs	2700
	2 x 50 Fc at 55 secs	
	2 x 100 c @ 1-50	
	4 x 25 Choice @ 30 secs	
	4 x 50 Fc @ 55 secs	
	4 x 100 Fc @ 1-50	
	2 x 25 Choice @ 30 secs	
	2 x 50 Fc at 55 secs	
	2 x 100 c @ 1-50	

Warm down

Lane 2

Warm-up:	400 easy	400
Speedy Set:	8 x 50 m Fc @ 1:05 Sprint for 15 m after turn	800
	6 x 25m Choice @ 35s	950
Breath control:	6 x 50 Fc @ 1:10 1-3 breathe every 3 strokes 4-6 breathe every 5 strokes	1250
Main set:	Swim 25s flat out, 50s fast, 100s steady	
	2 x 25 Choice @ 30 secs 2 x 50 Fc at 1:00 2 x 100 c @ 1-55	2650
	4 x 25 Choice @ 30 secs 4 x 50 Fc @ 1:00 4 x 100 Fc @ 1-55	
	2 x 25 Choice @ 30 secs 2 x 50 Fc at 1:00 2 x 100 c @ 1-55	

Lane 3

Warm-up: **300 easy** **300**

Speedy Set: **8 x 50 m Fc @ 1:10** **700**
Sprint for 15 m after turn

6 x 25m Choice @ 40s **850**

Breath control: **6 x 50 Fc @ 1:15** **1150**
1-3 breathe every 3 strokes
4-6 breathe every 5 strokes

Main set: **Swim 25s flat out, 50s fast, 100s steady**

2 x 25 Choice @ 35 secs **2550**
2 x 50 Fc at 1:00
2 x 100 c @ 2:00

4 x 25 Choice @ 35 secs
4 x 50 Fc @ 1:00
4 x 100 Fc @ 2:00

2 x 25 Choice @ 35 secs
2 x 50 Fc at 1:00
2 x 100 Fc @ 2:00

Warm down

Lane 4

Warm-up:	300 easy	300
Speedy Set:	4 x 50 m Fc @ 1:10 Sprint for 15 m after turn	500
	4 x 25m Choice @ 40s	600
Breath control:	4 x 50 Fc @ 1:20 1-2 breathe every 3 strokes 3-4 breathe every 5 strokes	800
Main set:	Swim 25s flat out, 50s fast, 100s steady	
	2 x 25 Choice @ 40 secs	2200
	2 x 50 Fc at 1:10	
	2 x 100 c @ 2:15	
	4 x 25 Choice @ 40 secs	
	4 x 50 Fc @ 1:10	
	4 x 100 Fc @ 2:15	
	2 x 25 Choice @ 40 secs	
	2 x 50 Fc at 1:10	
	2 x 100 c @ 2:15	

Warm down