

Lane 1

Warm-up: **500 easy** 500

Plus: **4 x 100m Fc @ 2:00 swum as** 900
50 Drill/50 Fc:

- 1. Fingerscrape**
- 2. Left arm only 25/Right arm only 25**
- 3 Fists**
- 4 Catch up**

Main Set: **Repeat four times(aim for 400 m race pace**
after first length): 2100

25 Fly/Choice into 125 @ 2:30

25 Fly/Choice into 75 @ 1:50

25 Fly/Choice into 25

30 seconds between each block

Speed set: **12 x 50m Fc @ 1:00 swum as follows:** 2700

1-4 25 easy 25 sprint

5-8 25 sprint 25 easy

9-12 50 sprint

Swim Down: **choice**

Lane 2

Warm-up: **400 easy** 400

Plus: **4 x 100m Fc @ 2:10 swum as** 800
50 Drill/50 Fc:

3. Fingerscrape

4. Left arm only 25/Right arm only 25

5. Fists

6. Catch up

Main Set: **Repeat four times(aim for 400 m race pace**
after first length): 2000

25 Fly/Choice into 125 @ 2:45

25 Fly/Choice into 75 @ 1:55

25 Fly/Choice into 25

30 seconds between each block

Pre-set: **10 x 50m Fc @ 1:05 swum as follows:** 2500

1-3 25 easy 25 sprint

4-6 25 sprint 25 easy

7-10 50 sprint

Swim Down: **choice**

Lane 3

Warm-up: **300 easy** 300

Plus: **4 x 100m Fc @ 2:15 swum as** 700
50 Drill/50 Fc:

7. Fingerscrape

8. Left arm only 25/Right arm only 25

9. Fists

10. Catch up

Main Set: **Repeat four times(aim for 400 m race pace**
after first length): 1900

25 Fly/Choice into 125 @ 2:55

25 Fly/Choice into 75 @ 2:00

25 Fly/Choice 25

30 seconds between each block

Speed: **10 x 50m Fc @ 1:10 swum as follows:** 2400

1-3 25 easy 25 sprint

4-6 25 sprint 25 easy

7-10 50 sprint

Swim Down: **choice**

Lane 4

Warm-up: **300 easy** 300

Plus: **4 x 50m Fc @ 1:15 swum as** 500

- 11. Fingerscrape**
- 12. Left arm only 25/Right arm only
25**
- 13. Fists**
- 14. Catch up**

Main Set: **Repeat four times(aim for 400 m race pace
after first length):** 1700

25 Choice into 125 @ 3:10
25 Choice into 75 @ 2:10
25 Choice into 25

30 seconds between each block

Speed: **8 x 50m Fc @ 1:25 swum as follows:** 2100
1-3 25 easy 25 sprint
4-6 25 sprint 25 easy
7-8 50 sprint

Swim Down: **choice**