

<u>Lane 1</u>		<u>Total</u>
<u>Warm up:</u>	500 easy	500
<u>Drill:</u>	2 x (6 x 50) Fc drill Last in/first out	1100
	<ol style="list-style-type: none"> <li>1. Fists</li> <li>2. Left arm/Right arm</li> <li>3. Catch up</li> <li>4. Open water sighting</li> <li>5. Breathe every 5 strokes</li> <li>6. Max distance per stroke</li> </ol>	
<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)	1400
<u>Main Set:</u>	10 x 150 swum as follows:	2900
	<ol style="list-style-type: none"> <li>1. 2 x 75 Fc @ 1:20</li> <li>2. 150 IM no Fc (ie 25 fly, 50 back, 75 breast) last in first out</li> <li>3. 3 x 50 Fc @ 50 secs</li> <li>4. 2 x 75 IM (1 length of each stroke but no Fc) last in/first out</li> <li>5. 6 x 25 Fc @ 30 secs</li> </ol>	
	Repeat set	

Warm down choice

<u>Lane 2</u>		<u>Total</u>
<b><u>Warm up:</u></b>	<b>400 easy</b>	<b>400</b>
<b><u>Drill/Swim:</u></b>	<b>2 x (6 x 50) Fc drill</b>	
	<b>Last in/first out</b>	<b>1000</b>
	7. Fists	
	8. Left arm/right arm	
	9. Catch up	
	10. Open water sighting	
	11. Breathe every 5 strokes	
	12. Max distance per stroke	
<b><u>Pre-set:</u></b>	<b>6 x 50 IM order and Fc @ 1:10</b>	
	<b>(ie 25 Fly into 25 Fc, 25 back into 25 Fc etc</b>	
	<b>Repeat sequence)</b>	<b>1300</b>
<b><u>Main Set:</u></b>	<b>10 x 150 swum as follows:</b>	<b>2800</b>
	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 (1 length of each stroke but 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>
<b><u>Warm up:</u></b>	<b>300 easy</b>	<b>300</b>
<b><u>Drill/Swim:</u></b>	<b>2 x (6 x 50) Fc drill</b>	
	<b>Last in/first out</b>	<b>900</b>
	13. Fists	
	14. Left arm/right arm	
	15. Catch up	
	16. Open water sighting	
	17. Breather every 5 strokes	
	18. Max distance per stroke	
<b><u>Pre-set:</u></b>	<b>6 x 50 IM order and Fc @ 1:15</b>	
	<b>(ie 25 Fly into 25 Fc, 25 back into 25 Fc etc</b>	
	<b>Repeat sequence)</b>	<b>1200</b>
<b><u>Main Set:</u></b>	<b>10 x 150 swum as follows:</b>	<b>2700</b>
	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 (1 length of each stroke but no Fc) last in/first out	
	15. 6 x 25 Fc @ 35 secs	
	Repeat set	

**Warm down choice**

<u>Lane 4</u>		<u>Total</u>
<b><u>Warm up:</u></b>	<b>200 easy</b>	<b>200</b>
<b><u>Drill/Swim:</u></b>	<b>6 x 50 Fc drill</b>	
	<b>Last in/first out</b>	<b>500</b>
	19. Fists	
	20. Left arm/right arm	
	21. Catch up	
	22. Open water sighting	
	23. Breathe every 5 strokes	
	24. Max distance per stroke	
<b><u>Pre-set:</u></b>	<b>6 x 50 Non-Fc into Fc @ 1:15</b>	<b>800</b>
<b><u>Main Set:</u></b>	<b>10 x 150 swum as follows:</b>	<b>2300</b>
	16. 2 x 75 Fc @ 1:40	
	17. 150 Choice not Fc	
	18. 3 x 50 Fc @ 1:10	
	19. 2 x 75 Choice not Fc last in/first out	
	20. 6 x 25 Fc @ 35 secs	
	Repeat set	

**Warm down choice**