

Lane 1		Total
Warm up:	500 easy Fc except every 4th Length choice not Fc	500
Drills:	2 x (4 x 25) Drill as follows:	700
	1. Fingerscrape	
	2. Catch up	
	3. Chicken wing	
	4. Long strokes	
	Last in/first out	
Swim:	300 Fc every 4th length hard	1000
Pre-set:	8 x 25 Choice @ 35 secs	1200
Main Set:	4 x 100m Fc @ 1:50	1600
	2 x 200m Fc @ 3:40	2000
	4 x 50m Fc @ 55 secs	2250
	2 x 200m Fc @ 3:30	2650
Warm down	Choice	