

Lane 1

Warm up

3 x 150 as follows: 450
#1 easy swim
#2 50 choice/50 Fc/50 choice
#3 easy swim
10 seconds between each

Drill

6 x 50 25 catch up/25 fists @ 1:05 750

Main

4 x 100 @ 1:50 1550
1 x 400 even pace

4 x 75 @ 1:20 2150
1 x 300 even pace

4 x 50 @ 50 secs 2550
1 x 200 even pace

4 x 25 @ 30 secs 2750
1 x 100 even pace

30 sec rest after each block.

Warm down

Lane 2

Warm up

2 x 200 as follows: 400
#1 easy swim
#2 100 choice/100 Fc
10 seconds between each

Drill

6 x 50 25 catch up/25 fists @ 1:10 700

Main

1 x 400, as 4 x 100 @ 1:55 1500
1 x 400 even pace

1 x 300, as 4 x 75 @ 1:25 2100
1 x 300 even pace

1 x 200, as 4 x 50 @ 55 secs. 2500
1 x 200 even pace

1 x 100, as 4 x 25 @ 30 secs. 2700
1 x 100 even pace

30 sec rest after each block.

Warm down

Lane 3

Warm up

3 x 100 as follows: 300
#1 easy swim
#2 50 choice/50 Fc
#3 easy swim 10 seconds between

Drill

4 x 50 25 catch up/25 fists @ 1:10 500

Main

1 x 400, as 4 x 100 @ 2:05 1300
1 x 400 even pace

1 x 300, as 4 x 75 @ 1:35 1900
1 x 300 even pace

1 x 200, as 4 x 50 @ 1:00 2300
1 x 200 even pace

1 x 100, as 4 x 25 @ 35 secs 2500
1 x 100 even pace

30 sec rest after each block.

Warm down

Lane 4

Warm up

3 x 150 as follows: 450
#1 easy swim
#2 50 choice/50 Fc/50 choice
#3 easy swim 10 seconds between

Drill

6 x 50 25 catch up/25 fists @ 1:20 750

Main

1 x 300, as 4 x 75 @ 1:45 1350
1 x 300 even pace

1 x 200, as 4 x 50 @ 1:15 1750
1 x 200 even pace

1 x 100, as 4 x 25 @ 40 secs 1950
1 x 100 even pace

30 sec rest after each block.

Warm down