

Lane 1

Warm up

600 alt 100 free/ 50 choice 600

Drill

12 x 50 last in/first out 1200
1-3) kick with float
4-6) catch up
7-9) left arm/right arm
9-12) super long strokes

Main

5 x 100 fast @ 1:50 2250
1 x 100 easy

5 x 50 fast @ 50 secs
1 x 50 easy

5 x 25 fast @ 30 secs
1 x 25 easy

Finally, 12 x 25 Sprints

1-3) Fc @ 35 secs 2550
4-6) Choice @ 40 secs
7-9) Fc @ 30 secs
9-12) Choice @ 35 secs

Lane 2

Warm up

500 alt 100 free/ 50 choice 500

Drill

12 x 50 last in/first out 1100
1-3) kick with float
4-6) catch up
7-9) left arm/right arm
9-12) super long strokes

Main

5 x 100 fast @ 1:55 2150
1 x 100 easy

5 x 50 fast @ 55 secs
1 x 50 easy

5 x 25 fast @ 35 secs
1 x 25 easy

Finally, 12 x 25 Sprints

1-3) Fc @ 35 secs 2450
4-6) Choice @ 40 secs
7-9) Fc @ 30 secs
9-12) Choice @ 35 secs

Lane 3

Warm up

400 alt 100 free/ 50 choice 400

Drill

12 x 50 last in/first out 1000
1-3) kick with float
4-6) catch up
7-9) left arm/right arm
9-12) super long strokes

Main

5 x 100 fast @ 2:00 2050
1 x 100 easy

5 x 50 fast @ 1:00
1 x 50 easy

5 x 25 fast @ 40 secs
1 x 25 easy

Finally, 12 x 25 Sprints

1-3) Fc @ 40 secs 2350
4-6) Choice @ 45 secs
7-9) Fc @ 35 secs
9-12) Choice @ 40 secs

Lane 4

Warm up

300 alt 100 free/ 50 choice 300

Drill

12 x 50 last in/first out 900
1-3) kick with float
4-6) catch up
7-9) left arm/right arm
9-12) super long strokes

Main

5 x 100 fast @ 2:00 1950
1 x 100 easy

5 x 50 fast @ 1:00
1 x 50 easy

5 x 25 fast @ 40 secs
1 x 25 easy

Finally, 8 x 25 Sprints

1-4) Fc @ 40 secs 2150
5-8) Choice @ 45 secs