

Lane 1

Warm up

**400 choice** **400**

Drill

**3 x 100 swum as** **700**

**25 Fingerscrape**  
**25 Fc swim**  
**25 catch up**  
**25 FC swim last in/first out**

Main Distance set

**3 x 250 Fc Aim for 400 m race pace**  
**Last in first out** **1450**

Main Speed set

**Swim 1 though to 4 THREE times** **2950**  
**#1 and #3 normal swim pace**  
**#2 and #4 FAST!**

**#1 2 x 100 @ 1:50**  
**#2 2 x 75 @ 1:30**  
**#3 2 x 50 @ 55 secs**  
**#4 2 x 25 @ 35 secs**

Warm down

Lane 2

Warm up

**400 choice** **400**

Drill

**2 x 100 swum as** **600**

**25 Fingerscrape**  
**25 Fc swim**  
**25 catch up**  
**25 FC swim last in/first out**

Main Distance set

**3 x 200 Fc Aim for 400 m race pace**  
**last in first out** **1200**

Main Speed set

**Swim 1 through to 4 THREE times** **2700**  
**#1 and #3 normal swim pace**  
**#2 and #4 FAST!**

**#1 2 x 100 @ 1:55**  
**#2 2 x 75 @ 1:40**  
**#3 2 x 50 @ 1:00**  
**#4 2 x 25 @ 35 secs**

Warm down

Lane 3

Warm up

**300 choice** **300**

Drill

**2 x 100 swum as** **500**

**25 Fingerscrape**  
**25 Fc swim**  
**25 catch up**  
**25 FC swim last in/first out**

Main Distance set

**3 x 200 Fc Aim for 400 m race pace**  
**last in first out** **1100**

Main Sprint set

**Swim 1 through to 4 THREE times** **2600**  
**#1 and #3 normal pace**  
**#2 and #4 FAST!**

**#1 2 x 100 @ 2:05**  
**#2 2 x 75 @ 1:45**  
**#3 2 x 50 @ 1:05 secs**  
**#4 2 x 25 @ 40 secs**

Warm down

Lane 4

Warm up

**400 choice** **400**

Drill

**2 x 100 swum as** **600**

**25 Fingerscrape**  
**25 Fc swim**  
**25 catch up**  
**25 FC swim last in/first out**

Main Distance set

**4 x 150 Fc Aim for 400 m race pace**  
**last in first out** **1200**

Main Sprint set

**Swim 1 though to 4 & Repeat** **2200**  
**#1 and #3 normal swim pace**  
**#2 and #4 FAST!**

**#1 2 x 100 @ 2:20**  
**#2 2 x 75 @ 2:00**  
**#3 2 x 50 @ 1:15**  
**#4 2 x 25 @ 45 secs**

Warm down