

Lane 1

WARM UP (500)

1 x 500: Choice

DRILL SET (900)

**4 x 100: Last in First out
Alternate Drill/Swim by 25s
1: Fists 2: Catch up
3: Left arm 4: Right arm**

STROKE SET (1500)

**12 X 50 Swum as follows:
1-4 25 breast/25 Fc @ 1:00
5-8 25 back/25 Fc @ 1:00
9-12 50 choice @ 1:00**

MAIN SET (2700)

**12 x 100 Fc @ 1:50
1-3: Even Pace
4-6: 25 easy 75 faster
7-9: Even pace
10-12: 75 fast 25 easy**

COOL DOWN Choice

Lane 2

WARM UP (400)

1 x 400: Choice

DRILL SET (800)

**4 x 100: Last in First out
Alternate Drill/Swim by 25s
1: Fists 2: Catch up
3: Left arm 4: Right arm**

STROKE SET (1400)

**12 X 50 Swum as follows:
1-4 25 breast/25 Fc @ 1:05
5-8 25 back/25 Fc @ 1:05
9-12 50 choice @ 1:05**

MAIN SET (2600)

**12 x 100 Fc @ 1:55
1-3: Even Pace
4-6: 25 easy 75 faster
7-9: Even pace
10-12: 75 fast 25 easy**

COOL DOWN Choice

Lane 3

WARM UP (400)

1 x 400: Choice

DRILL SET (800)

**4 x 100: Last in First out
Drill/Swim by 25s
1: Fists 2: Catch up
3: Left arm 4: Right arm**

STROKE SET (1250)

**9 X 50 Swum as follows:
1-3 25 breast/25 Fc @ 1:10
4-6 25 back/25 Fc @ 1:10
7-9 50 choice @ 1:10**

MAIN SET (2450)

**12 x 100 Fc @ 2:00
1-3: Even Pace
4-6: 25 easy 75 faster
7-9: Even pace
10-12: 75 fast 25 easy**

COOL DOWN Choice

Lane 4

WARM UP (200)

1 x 200: Choice

DRILL SET (600)

**4 x 100: Last in First out
Alternate Drill/Swim by 25s
1: Fists 2: Catch up
3: Left arm 4: Right arm**

STROKE SET (1000)

**8 X 50 Swum as follows:
1-4 25 breast/25 Fc @ 1:20
5-8 25 back/25 Fc @ 1:20**

MAIN SET (2200)

**12 x 100 Fc @ 2:15
1-3: Even Pace
4-6: 25 easy 75 faster
7-9: Even pace
10-12: 75 fast 25 easy**

COOL DOWN Choice