

Lane 1

Warm up

2 x 250 choice with 20 secs rest 500

Plus

8 x 75 @ 1:30 as 1100
25 Easy Fc, 25 non-Fc, 25 fast Fc

Pre-set

4 x 50 @ 1:00 as follows: 1300
25 steady into 25 faster

Main

**Swim your fastest 50 free, get time and
add 3 seconds to get your target time.**

Rest 1 minute. 2550

Repeat 12 times:

50 free on target time @ 45 secs
50 easy choice @ 55 secs

Warm down

Lane 2

Warm up

2 x 250 choice with 20 secs rest 500

Plus

8 x 75 @ 1:30 as 1100
25 Easy Fc, 25 non-Fc, 25 fast Fc

Pre-set

4 x 50 @ 1:00 as follows: 1300
25 steady into 25 faster

Main

Swim your fastest 50 free, get time and add 3 seconds to get your target time.

Rest 1 minute. 2500

Repeat 12 times:

50 free on target time @ 50 secs
50 easy choice @ 1:00

Warm down

Lane 3

Warm up

2 x 200 choice with 20 secs rest 400

Plus

8 x 75 @ 1:35 as 1000
25 Easy Fc, 25 non-Fc, 25 fast Fc

Pre-set

4 x 50 @ 1:05 as follows: 1200
25 steady into 25 faster

Main

**Swim your fastest 50 free, get time and
add 3 seconds to get your target time.**

Rest 1 minute. 2450

Repeat 12 times:

50 free on target time @ 55 secs
50 easy choice @ 1:05

Warm down

Lane 4

Warm up

2 x 250 choice with 20 secs rest 500

Plus

8 x 50 @ 1:15 as 900
25 Easy Fc, 25 choice

Pre-set

4 x 25 @ 45 secs 1000
Increase pace 1-4

Main

**Swim your fastest 50 free, get time and
add 3 seconds to get your target time.**

Rest 1 minute. 2250

Repeat 12 times:

50 free on target time @ 1:00
50 easy choice @ 1:10

Warm down