

**Lane 1**

<b>Warm-up:</b>	<b>500 easy</b>	<b>500</b>
<b>Breath control:</b>	<b>4 x 100 @ 1:55 swum as follows: 25 Fly/choice into 75 fc breathing every 5 strokes during FC</b>	<b>900</b>
<b>Main set:</b>	<b>300 Fc steady 20 secs rest 3 x 100 Fc faster @ 1:50 6 x 50 Fc fastest @ 55 s</b>	<b>1800</b>
	<b>200 Fc steady 15 secs rest 2 x 100 Fc faster @ 1:45 4 x 50m Fc fastest @ 50 s</b>	<b>2400</b>
	<b>100 Fc steady 10 secs rest 2 x 50 Fc faster @ 45 secs 4 x 25m Fc fastest @ 30 s</b>	<b>2700</b>
	<b>1 minute between each block</b>	

**Warm down**

**Lane 2**

<b>Warm-up:</b>	<b>400 easy</b>	<b>400</b>
<b>Breath control:</b>	<b>4 x 100 @ 2:00 swum as follows: 25 Fly/choice into 75 fc breathing every 5 strokes during FC</b>	<b>800</b>
<b>Main set:</b>	<b>300 Fc steady 20 secs rest 3 x 100 Fc faster @ 1:55 6 x 50 Fc fastest @ 1:00</b>	<b>1700</b>
	<b>200 Fc steady 15 secs rest 2 x 100 Fc faster @ 1:50 4 x 50m Fc fastest @ 55 s</b>	<b>2300</b>
	<b>100 Fc steady 10 secs rest 2 x 50 Fc faster @ 50 secs 4 x 25m Fc fastest @ 35 s</b>	<b>2600</b>
	<b>1 minute between each block</b>	

**Warm down**

**Lane 3**

<b>Warm-up:</b>	<b>300 easy</b>	<b>300</b>
<b>Breath control:</b>	<b>4 x 100 @ 2:10 swum as follows: 25 Fly/choice into 75 fc breathing every 5 strokes during FC</b>	<b>700</b>
<b>Main set:</b>	<b>300 Fc steady 20 secs rest 3 x 100 Fc faster @ 2:00 6 x 50 Fc fastest @ 1:05</b>	<b>1600</b>
	<b>200 Fc steady 15 secs rest 2 x 100 Fc faster @ 1:55 4 x 50m Fc fastest @ 1:00</b>	<b>2200</b>
	<b>100 Fc steady 10 secs rest 2 x 50 Fc faster @ 55 secs 4 x 25m Fc fastest @ 40 s</b>	<b>2500</b>
	<b>1 minute between each block</b>	

**Warm down**

**Lane 4**

**Warm-up: 300 easy 300**

**Breath control: 4 x 50 @ 1:15 swum as follows:  
breathing every 5  
strokes 500**

**Main set: 300 Fc steady 20 secs rest 1400  
3 x 100 Fc faster @ 2:15  
6 x 50 Fc fastest @ 1:15**

**200 Fc steady 15 secs rest 2000  
2 x 100 Fc faster @ 2:10  
4 x 50m Fc fastest @ 1:10**

**100 Fc steady 10 secs rest 2300  
2 x 50 Fc faster @ 1:05  
4 x 25m Fc fastest @ 45 s**

**1 minute between each block**

**Warm down**