

Lane 1

Warm up

400 choice 400

Drill Set

2 x 150 swum as follows 700
25 swim/50 choice drill/75 swim

Last in/first out

Main

2300

2 x 150 Fc @ 2:30
4 x 125 as 50 choice/75 Fc @ 2:15 (do 50 of favourite nonfree stroke)
4 x 25 @ 35 secs, favourite nonfree stroke

3 x 100 Fc @ 1:50
4 x 75 as 25 choice/50 Fc @ 1:25 (do 25 of least favourite nonfree stroke)
4 x 25 @ 35 secs, least favourite nonfree stroke

Speed Set

8 x 50 Fc @ 55 secs 2700
25 easy/25 fast odds
25 fast/25 easy evens

Warm down

Lane 2

Warm up

400 choice 400

Drill Set

2 x 150 swum as follows 700
25 swim/50 choice drill/75 swim

Last in/first out

Main

2300

2 x 150 Fc @ 2:40
4 x 125 as 50 choice/75 Fc @ 2:20 (do 50 of favourite nonfree stroke)
4 x 25 @ 35 secs, favourite nonfree stroke

3 x 100 Fc @ 1:55
4 x 75 as 25 choice/50 Fc @ 1:30 (do 25 of least favourite nonfree stroke)
4 x 25 @ 35 secs, least favourite nonfree stroke

Speed Set

6 x 50 Fc @ 55 secs 2600
25 easy/25 fast odds
25 fast/25 easy evens

Warm down

Lane 3

Warm up

300 choice 300

Drill Set

2 x 150 swum as follows 600
25 swim/50 choice drill/75 swim

Last in/first out

Main

2200

2 x 150 Fc @ 2:55
4 x 125 as 50 choice/75 Fc @ 2:25 (do 50 of favourite nonfree stroke)
4 x 25 @ 40 secs, favorite nonfree stroke

3 x 100 Fc @ 2:00
4 x 75 as 25 choice/50 Fc @ 1:35(do 25 of least favourite nonfree stroke)
4 x 25 @ 40 secs, least favorite nonfree stroke

Speed Set

6 x 50 Fc @ 1:00 2500
25 easy/25 fast odds
25 fast/25 easy evens

Warm down

Lane 4

Warm up

300 choice 300

Drill Set

2 x 100 swum as follows 500
25 swim/50 choice drill/25 swim

Last in/first out

Main

1900

2 x 150 Fc @ 3:10
4 x 100 as 50 choice/50 Fc @ 2:15 (do
favourite nonfree stroke)
4 x 25 @ 45 secs, favorite nonfree stroke

3 x 100 Fc @ 2:10
4 x 50 as 25 choice/25 Fc @ 1:15 (do least
favourite nonfree stroke)
4 x 25 @ 45 secs, least favorite nonfree
stroke

Speed Set

8 x 25 Fc @ 40 secs 2100
25 fast odds
25 easy evens

Warm down