

Lane 1

Warm up

400 easy own choice 400

Drill set

6 x 50 25 catch up/25swim 1000
6 x 50 as 25 fingerscrape/25 Fc
all last in/first out

Main set to be swum 3 times through 2500

1 x 100 Fc @ 1:45
2 x 75 Fc @ 1:15
3 x 50 Fc @ 50 secs
4 x 25 Fc @ 25 secs

30 seconds between each block

Sprint Set

8 x 25 Fc @ 40 secs 2700
Really sprint!!

Warm down

Lane 2

Warm up

300 easy own choice 300

Drill set

6 x 50 25 catch up/25swim 900
6 x 50 as 25 fingersrape/25 Fc
all last in/first out

Main set to be swum 3 times through 2400

1 x 100 Fc @ 1:50
2 x 75 Fc @ 1:20
3 x 50 Fc @ 55 secs
4 x 25 Fc @ 30 secs

30 seconds between each block

Sprint Set

8 x 25 Fc @ 40 secs 2600
Really sprint!!

Warm down

Lane 3

Warm up

300 easy own choice 300

Drill set

6 x 50 25 catch up/25swim 900
6 x 50 as 25 fingerscrape/25 Fc
all last in/first out

Main set to be swum 3 times through 2400

1 x 100 Fc @ 1:55
2 x 75 Fc @ 1:25
3 x 50 Fc @ 55 secs
4 x 25 Fc @ 30 secs

30 seconds between each block

Sprint Set

6 x 25 Fc @ 40 secs 2500
Really sprint!!

Warm down

Lane 4

Warm up

300 easy own choice 300

Drill set

4 x 50 25 catch up/25swim 700
4 x 50 as 25 fingerscrape/25 Fc
all last in/first out

Main set to be swum 3 times through 2200

1 x 100 Fc @ 2:05
2 x 75 Fc @ 1:35
3 x 50 Fc @ 1:05
4 x 25 Fc @ 35 secs

30 seconds between each block

Sprint Set

4 x 25 Fc @ 45 secs 2300
Really sprint!!

Warm down