

DPS = Distance per Stroke Neg Split = Swim 2nd half faster

Lane 1 Warm up

400 every 4th length not Fc 400

Drill

2 Rounds of 4 x 75 last in first out 1000
#1 Fc max DPS maintain stroke count
#2 25 Fc max DPS/50 catch up
#3 50 Fc max DPS/25 catch up
#4 Fc max DPS, decreasing stroke count
each 25

Main

1 x 150 Fc, max DPS 2400
2 x 100 Fc swim #2 faster than #1 @ 1-50

1 x 150 Fc (100 swim max DPS/50 easy)
4 x 50 Fc fast @ 50 secs

1 x 150 Fc (100 swim max DPS/50 easy)
2 x 100 Choice @ 1-55 neg split

1 x 150 Fc, max DPS
4 x 50 Choice @ 55 secs neg split

Last set

8 x 25 choice @ 35 secs 2600

DPS = Distance per Stroke Neg Split = Swim 2nd half faster

Lane 2 Warm up

350 every 4th length not Fc 350

Drill

2 Rounds of 4 x 75 last in first out 950
#1 Fc max DPS maintain stroke count
#2 25 Fc max DPS/50 catch up
#3 50 Fc max DPS/25 catch up
#4 Fc max DPS, decreasing stroke count
each 25

Main

1 x 150 Fc, max DPS 2350
2 x 100 Fc swim #2 faster than #1 @ 1-55

1 x 150 Fc (100 swim max DPS/50 easy)
4 x 50 Fc fast @ 55 secs

1 x 150 Fc (100 swim max DPS/50 easy)
2 x 100 Choice @ 2-00 neg split

1 x 150 Fc, max DPS
4 x 50 Choice @ 1-00 neg split

Last set

6 x 25 choice @ 40 secs 2500

DPS = Distance per Stroke Neg Split = Swim 2nd half faster

Lane 3 Warm up

300 every 4th length not Fc 300

Drill

2 Rounds of 4 x 75 last in first out 900
#1 Fc max DPS maintain stroke count
#2 25 Fc max DPS/50 catch up
#3 50 Fc max DPS/25 catch up
#4 Fc max DPS, decreasing stroke count
each 25

Main

1 x 150 Fc, max DPS 2300
2 x 100 Fc swim #2 faster than #1 @ 2-00

1 x 150 Fc (100 swim max DPS/50 easy)
4 x 50 Fc fast @ 1-00

1 x 150 Fc (100 swim max DPS/50 easy)
2 x 100 Choice @ 2-05 neg split

1 x 150 Fc, max DPS
4 x 50 Choice @ 1-05 neg split

Last set

4 x 25 choice @ 40 secs 2400

DPS = Distance per Stroke Neg Split = Swim 2nd half faster

Lane 4 Warm up

300 every 4th length not Fc 300

Drill

4 x 75 last in first out 600
#1 Fc max DPS maintain stroke count
#2 25 Fc max DPS/50 catch up
#3 50 Fc max DPS/25 catch up
#4 Fc max DPS, decreasing stroke count
each 25

Main

1 x 150 Fc, max DPS 2000
2 x 100 Fc swim #2 faster than #1 @ 2-10

1 x 150 Fc (100 swim max DPS/50 easy)
4 x 50 Fc fast @ 1-05

1 x 150 Fc (100 swim max DPS/50 easy)
2 x 100 Choice @ 2-05 neg split

1 x 150 Fc, max DPS
4 x 50 Choice @ 1-10 neg split

Last set

4 x 25 choice @ 45 secs 2100