

Lane 1

WARM UP

**400: Alt 50 Free/50 Choice** 400

DRILL SET

**10 x 50** 900  
**Odds: choice drill**  
**Evens: Fc Swim last in first out**

MAIN SET (distance part)

**1 x broken 500: swum as follows** 1400  
**200 Moderate rest 10 s/100 Fast rest 10 s/200**  
**Moderate**

**1 x 200: Choice Easy** 1600

**1 x broken 500:** 2100  
**200 Fast rest 10 s/100 Moderate rest 10 s/200 Fast**

**1 x 200: Choice Easy** 2300

MAIN SET

**2 x 75 Fc sprints @ 1:30** 2700  
**3 x 50 Fc sprints @ 1:00**  
**4 x 25 Fc sprints @**

COOL DOWN

Lane 2

WARM UP

**300: Alt 50 Free/50 Choice** 300

DRILL SET

**10 x 50** 800  
**Odds: choice drill**  
**Evens: Swim last in first out**

MAIN SET (distance part)

**1 x broken 500: swum as follows** 1300  
**200 Moderate rest 5 s/100 Fast rest 5 s/200**  
**Moderate**

**1 x 150: Choice Easy** 1450

**1 x broken 500:** 1950  
**200 Fast rest 5 s/100 Moderate rest 5 s/200 Fast**

**1 x 150: Choice Easy** 2100

MAIN SET (sprint part)

**2 x 25 Fc sprints @ 35 seconds** 2500  
**3 x 50 Fc sprints @ 1:10**  
**4 x 75 Fc sprints @ 1:45**

COOL DOWN

Lane 3

WARM UP

**300: Alt 50 Free/50 Choice** 300

DRILL SET

**10 x 50** 800  
**Odds: choice drill**  
**Evens: Swim last in first out**

MAIN SET (distance part)

**1 x broken 500: swum as follows** 1300  
**200 Moderate rest 5 s/100 Fast rest 5 s/200**  
**Moderate**

**1 x 100: Choice Easy** 1400

**1 x broken 500:** 1900  
**200 Fast rest 5 s/100 Moderate rest 5 s/200 Fast**

**1 x 100: Choice Easy** 2000

MAIN SET (sprint part)

**2 x 25 Fc sprints @ 40 seconds** 2400  
**3 x 50 Fc sprints @ 1:15**  
**4 x 75 Fc sprints @ 1:45**

COOL DOWN

Lane 4

WARM UP

**300: Alt 50 Free/50 Choice** 300

DRILL SET

**8 x 50** 700  
**Odds: choice drill**  
**Evens: Swim last in first out**

MAIN SET (distance part)

**1 x broken 400: swum as follows** 1100  
**200 Moderate rest 5 s/100 Fast rest 5 s/100**  
**Moderate**

**1 x 100: Choice Easy** 1200

**1 x broken 400:** 1600  
**200 Fast rest 5 s/100 Moderate rest 5 s/100 Fast**

**1 x 100: Choice Easy** 1700

MAIN SET (sprint part)

**2 x 25 Fc sprints @ 40 seconds** 2100  
**3 x 50 Fc sprints @ 1:15**  
**4 x 75 Fc sprints @ 1:45**

COOL DOWN