

**Lane 1**

**Warm-up: 500 easy 500**

**Kick: 6 x 25 Kick LIFO 650**

**Speedy Set: 6 x 50 m Fc @ 1:00 950**  
**Sprint for 15 m after turn**

**6 x 25 Choice fast @30 secs 1100**

**Main set: Swim 25s flat out, 50s fast, 100s steady**

**1 x 100 Fc @ 1-50 2600**  
**2 x 50 Fc at 55 secs**  
**4 x 25 Choice @ 30 secs**

**2 x 100 Fc @ 1-50**  
**3 x 50 Fc @ 55 secs**  
**6 x 25 Choice @ 30 secs**

**3 x 100 Fc @ 1-50**  
**4 x 50 Fc at 55 secs**  
**8 x 25 Choice @ 30 secs**

**Warm down 200 choice easy 2800**

**Lane 2**

Warm-up:	<b>400 easy</b>	<b>400</b>
Kick:	<b>6 x 25 Kick LIFO</b>	<b>550</b>
Speedy Set:	<b>6 x 50 m Fc @ 1:00 Sprint for 15 m after turn</b>	<b>850</b>
	<b>6 x 25 Choice fast @30 secs</b>	<b>1000</b>
Main set:	<b>Swim 25s flat out, 50s fast, 100s steady</b>	
	<b>1 x 100 Fc @ 1-55</b>	<b>2500</b>
	<b>2 x 50 Fc at 55 secs</b>	
	<b>4 x 25 Choice @ 30 secs</b>	
	<b>2 x 100 Fc @ 1-55</b>	
	<b>3 x 50 Fc @ 55 secs</b>	
	<b>6 x 25 Choice @ 30 secs</b>	
	<b>3 x 100 Fc @ 1-55</b>	
	<b>4 x 50 Fc at 55 secs</b>	
	<b>8 x 25 Choice @ 30 secs</b>	
Warm down	<b>200 choice easy</b>	<b>2700</b>

**Lane 3**

**Warm-up: 400 easy 400**

**Kick: 4 x 25 Kick LIFO 500**

**Speedy Set: 6 x 50 m Fc @ 1:05 800**  
**Sprint for 15 m after turn**

**4 x 25 Choice fast @30 secs 900**

**Main set: Swim 25s flat out, 50s fast, 100s steady**

**1 x 100 Fc @ 2:00 2400**  
**2 x 50 Fc at 1:00**  
**4 x 25 Choice @ 35 secs**

**2 x 100 Fc @ 2:00**  
**3 x 50 Fc @ 1:00**  
**6 x 25 Choice @ 35 secs**

**3 x 100 Fc @ 2:00**  
**4 x 50 Fc at 1:00**  
**8 x 25 Choice @ 35 secs**

**Warm down 200 choice easy 2600**

**Lane 4**

**Warm-up: 300 easy 300**

**Kick: 4 x 25 Kick LIFO 400**

**Speedy Set: 6 x 50 m Fc @ 1:10 700**  
**Sprint for 15 m after turn**

**4 x 25 Choice fast @ 45 secs 800**

**Main set: Swim 25s flat out, 50s fast, 100s steady**

**1 x 100 Fc @ 2:15 2300**  
**2 x 50 Fc at 1:10**  
**4 x 25 Choice @ 40 secs**

**2 x 100 Fc @ 2:15**  
**3 x 50 Fc @ 1:10**  
**6 x 25 Choice @ 40 secs**

**3 x 100 Fc @ 2:15**  
**4 x 50 Fc at 1:10**  
**8 x 25 Choice @ 40 secs**

**Warm down 200 choice easy 2500**