**Lanes 1 and 2**

**Warm-up:**

300 as 100fc/100bc/100fc

4x25 own choice as 15m u/w fly kicks 10m steady

300 IM as 4x(25 kick/25drill/25swim)

4x25 own choice as 15m max 10 steady

300 as 100 brst/100IM/100fc

100 own choice

**Main Set:**

8x25 IM @ 100m race-pace on 45

300 steady as 100swim/100kick/100 swim

8x50 IM @ 200 Race=pace on 1:15

200 steady as 50 kick/100swim/50 kick

8x100 IM @ 400+ race pace on 2:00

300 steady as 100 swim/100kick/100 swim

**Swim Down:**

150 fc / 150 not fc/ 150 kick/ 150 own choice

**Lanes 3 and 4**

**Warm-up:**

300 as 100fc/100bc/100fc

4x25 own choice as 15m u/w fly kicks 10m steady

300 IM as 4x(25 kick/25drill/25swim)

4x25 own choice as 15m max 10 steady

300 as 100 brst/100IM/100fc

**Main Set:**

8x25 IM @ 100m race-pace on 50

200 steady as 75swim/50kick/75 swim

8x50 IM @ 200 Race=pace on 1:20

200 steady as 50 kick/100swim/50 kick

8x100 IM @ 400+ race pace on 2:10

200 steady as 75 swim/50kick/75 swim

**Swim Down:**

150 fc / 150 not fc/ 150 kick/ 150 own choice

**Lane 5**

**Warm-up:**

200 as 100fc/50bc/50fc

4x25 own choice as 15m u/w fly kicks 10m steady

200 IM as 4x(25 kick/25swim)

4x25 own choice as 15m max 10 steady

200 as 50 brst/100IM/50fc

100 own choice

**Main Set:**

8x25 IM @ 100m race-pace on 20SR

150 steady as 75kick/75swim

8x50 IM @ 200 Race=pace on 20SR

150 steady as 75pull/75swim

4x100 IM @ 400+ race pace on 30SR

200 steady as 75 swim/50kick/75 swim

**Swim Down:**

150 fc / 150 not fc/ 150 kick/ 150 own choice