**Lanes 1 and 2**

Warm-up

500 as 200fc/200bc/100 own choice

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

4x100 own choice build to max in each 100

Main set:

focus on technique and distance per stroke

Fins and paddles optional throughout

5x400

1. Fc
2. Own choice
3. IM as 4x(25kick/25swim/25drill/25swim)
4. Own choice
5. Own choice as 100swim/100kick/100pull/100swim

Swim down:

800 as 100fc @80%effort/ 200 kick with bursts of speed/ 200bc/ 300fc steady

**Lanes 3 and 4**

Warm-up

400 as 200fc/100bc/100 own choice

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

3x100 own choice build to max in each 100

Main set:

focus on technique and distance per stroke

Fins and paddles optional throughout

5x400

1. Fc
2. Own choice
3. IM as 4x(25kick/25swim/25drill/25swim)
4. Own choice
5. Own choice as 100swim/100kick/100pull/100swim

Swim down:

800 as 100fc @80%effort/ 200 kick with bursts of speed/ 200bc/ 300fc steady

**Lane 5**

Warm-up

400 as 200fc/100bc/100 own choice

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

2x100 own choice build to max in each 100

Main set:

focus on technique and distance per stroke

Fins and paddles optional throughout

5x300

1. Fc
2. Own choice
3. IM as 4x(25kick/25drill/25swim)
4. Own choice
5. Own choice as 100swim/100pull/100swim

Swim down:

800 as 100fc @80%effort/ 200 kick with bursts of speed/ 200bc/ 300fc steady