**Lanes 1 and 2**

Warm up:

2x200 as 100 fc/100 bc

4x75 as rolling IM

4x50 own choice as 15m u/w kick 35 steady

300 fc

Main set:

6x25 u/w (as far as you can) + fins

1)on 2:00 2) on 1:40 3) on 1:20 4) on 1:00 5) on 30 6) on 30

8x50 bc hold best speed on 1:15

6x25 u/w (as far as you can) + fins

1)on 2:00 2) on 1:40 3) on 1:20 4) on 1:00 5) on 30 6) on 30

6x50 brst hold best speed on 1:15

10x100 fc on 1:45

200 IM as fast as possible

Swim down:

600 as 150fc/150not fc/ 150 kick/150 own choice

**Lanes 3 and 4**

Warm up:

2x200 as 100 fc/100 bc

4x75 as rolling IM

4x50 own choice as 15m u/w kick 35 steady

200 fc

Main set:

6x25 u/w (as far as you can) + fins

1)on 2:00 2) on 1:40 3) on 1:20 4) on 1:00 5) on 30 6) on 30

8x50 bc hold best speed on 1:30

6x25 u/w (as far as you can) + fins

1)on 2:00 2) on 1:40 3) on 1:20 4) on 1:00 5) on 30 6) on 30

6x50 brst hold best speed on 1:30

8x100 fc on 2:00

200 IM as fast as possible

Swim down:

600 as 150fc/150not fc/ 150 kick/150 own choice

**Lane 5**

Warm up:

2x200 as 100 fc/100 bc

4x75 as rolling IM

2x50 own choice as 15m u/w kick 35 steady

100 fc

Main set:

6x25 u/w (as far as you can) + fins

1)on 60s rest 2) on 50s rest 3) on 40s rest 4) on 30s 5) on 30 6) on 30

4x50 bc hold best speed on 20s rest

6x25 u/w (as far as you can) + fins

1)on 60s rest 2) on 50s rest 3) on 40s rest 4) on 30s rest 5) on 30 6) on 30

4x50 brst hold best speed on 20s rest

8x100 fc on 30s rest

200 IM as fast as possible

Swim down:

600 as 150fc/150not fc/ 150 kick/150 own choice