**Lanes 1 and 2**

**Warm-up:**

4x100 fc

4x50 IM order

2x100 own choice kick

2x50 1) fly kick 2) brst kick

300 own choice swim

**Main set:**

12x100 fc as decend 1-3/4-6/7-9/10-12

3x200 o/c as 1) kick 2) drill 3) swim

400 own choice swim

**Swim down:**

600 steady swim as 150 FC / 150 not FC / 100 kick / 200 swim

**Lanes 3 and 4**

**Warm-up:**

4x100 fc

4x50 IM order

2x100 own choice kick

2x50 1) fly kick 2) brst kick

200 own choice swim

**Main set:**

12x100 fc as decend 1-4/5-8/9-12

2x200 o/c as 1) kick 2) drill

400 own choice swim

**Swim down:**

600 steady swim as 150 FC / 150 not FC / 100 kick / 200 swim

**Lane 5**

**Warm-up:**

2x100 fc

4x50 IM order

2x100 own choice kick

2x50 1) fly kick 2) brst kick

200 own choice swim

**Main set:**

10x100 fc as decend 1-3/4-6/7-10

2x200 o/c as 1) kick 2) drill

300 own choice swim

**Swim down:**

600 steady swim as 150 FC / 150 not FC / 100 kick / 200 swim