**Lanes 1 and 2**

Warm-up:

8x75 as 25fc/25 reverse IM/ 25fc

4x100 as 1) 50fly/50bc 2) 50bc/50brst 3) 50brst/50fc 4) IM

200 own choice swim

Main set:

16x25 fly on last in first out

50 fly max

150 steady own choice

8x50 fly on last in first out

100fly best possible speed

200 own choice steady

4x100 fly kick on back(fins optional) hold best speed on 2:30

300 own choice steady

Swim Down:

4x200 own choice 1) swim 2) kick 3) swim 4) 100 pull/100swim

**Lanes 3 and 4**

Warm-up:

8x75 as 25fc/25 reverse IM/ 25fc

4x100 as 1) 50fly/50bc 2) 50bc/50brst 3) 50brst/50fc 4) IM

100 own choice swim

Main set:

14x25 fly on last in first out

50 fly max

150 steady own choice

7x50 fly on last in first out

100fly best possible speed

200 own choice steady

4x100 fly kick on back(fins optional) hold best speed on 3:00

200 own choice steady

Swim Down:

4x200 own choice 1) swim 2) kick 3) swim 4) 100 pull/100swim

**Lane 5**

Warm-up:

4x75 as 25fc/25 reverse IM/ 25fc

4x100 as 1) 50fly/50bc 2) 50bc/50brst 3) 50brst/50fc 4) IM

200 own choice swim

Main set:

10x25 fly on last in first out

50 fly max

150 steady own choice

6x50 fly on last in first out

100fly best possible speed

200 own choice steady

3x100 fly kick on back(fins optional) hold best speed on 30s rest

200 own choice steady

Swim Down:

4x200 own choice 1) swim 2) kick 3) swim 4) 100 pull/100swim