**Lanes 1 and 2**

**Warm-up:**

300fc

300 own choice (as 100 kick/pull/swim)

400 IM (as 50kick/50drill)

200 own choice swim

**Main set (18x100) – all 20 seconds rest**

6 x 100 FC Hold best speed

200 steady

6 x 100 as 50 fly / 50 back

200 steady

6 x 100 as 50 breast / 50 free

200 steady

**Swim down:**

400 own choice steady

**Lanes 3 and 4**

**Warm-up:**

300fc

300 own choice (as 100 kick/pull/swim)

400 IM (as 50kick/50drill)

200 own choice swim

**Main set (15x100) – all 20 seconds rest**

5 x 100 FC Hold best speed

200 steady

5 x 100 as 50 fly / 50 back

200 steady

5 x 100 as 50 breast / 50 free

200 steady

**Swim down:**

400 own choice steady

**Lane 5**

**Warm-up:**

200fc

300 own choice (as 100 kick/pull/swim)

200 IM (as 25kick/25drill)

200 own choice swim

**Main set (15x100) – all 20 seconds rest**

5 x 100 FC Hold best speed

200 steady

5 x 100 as 50 fly / 50 back

200 steady

5 x 100 as 50 breast / 50 free

200 steady

**Swim down:**

200 own choice steady