

600 Choice

100 Free

75 Choice (50drill-25 swim)

50 Choice Build x 4

25 Choice sprint

12 x 50 kick

D1-4, 5-8, 9-12

3 x (7 x 100)

	Rd #1	#2	#3
100IM@	1:45	1:45	1:45
100IM@	1:40	1:35	1:30
100IM@	1:35	1:30	1:25
100FR@	1:30	1:25	1:20
100FR@	1:25	1:20	1:15
100FR@	1:20	1:15	1:10
100FR@	1:15	1:10	1:05

Lane 6 intervals, 5 less for lane 5, 10 less for Lane 4

3 x (6 x100) for Lane 3 Similar above

4 x (4 x 100) Lane 2/1

#1-IM-FR-Fr-fr

#2-lm-fr-fr-im

#3-im-im-fr-im

#4-im-im-im-im