

1. 600 WU

2. 16x25 IM (4 Each)

K :35
2x Drill :40
Swim :30

3. Main Set (Lane 6 Version = 2200)

200IM 3:00
4x50 Fly :45
6x25 Fly kick :35
200 IM 3:00
4x50 Back :45
6x25 bk kick :35
200 IM 3:00
4x50 Breast :55
6x25 Br kick :35
200 IM 3:00
4x50 Free :40
6x25 fr kick :35

(lane 2 version = 1400)

100IM 2:00
3x50 Fly 1:10
4x25 Fly kick :50
100 IM 2:00
3x50 Back 1:00
4x25 bk kick :50
100 IM 2:00
3x50 Breast 1:20
4x25 Br kick :50
100 IM 2:00
3x50 Free :55
4x25 fr kick :45

4. Pull (lane 6 version)

100 on 1:30 - 7BP = breathing every 7
200 on 3:00 5BP
300 on 4:30 4BP
400 on 6:00 3BP
(Other lanes = no 400)

5. 6x50 WD