

600 Warm-up

Lane 3-6

4x100 IM drill :30 rest
4x25 k fast :15 rest
3x75 free drill :25 rest
3x25 k fast :15 rest
2x50 choice drill :20 rest
2x25 k fast :15 rest
1x25 choice drill :15 rest
1x25 k fast :15 rest

Lane 1-2

1x100 IM drill :30 rest
4x25 k fast :15 rest
2x75 free drill :25 rest
2x25 k fast :15 rest
3x50 choice drill :20 rest
3x50 k fast :15 rest
4x25 IM order drill :15 rest
4x25 k fast : 15 rest

Lane 3-6

Two Times:

200 bc-3 3:00, 3:15
150 bc-5 2:15, 2:30
100 bc-7 1:30, 1:45
50 bc-9 1:00, 1:00

Lane 1-2--One time through

16x25 1:00

even under h2o kick
odd swim fast

Four Times:

100 EZ 2:00
75 Fast 2:00