

600 Choice

Lane 5-3

4 x 100 Free @ 1:40/:45/2:00  
-mid 50 head up free

16 x 50 choice @ 1:00/1:10/1:15  
-8 = 25 drill 25 swim  
-8 = D1-4, 5-8

Lane 1-2

4 x 100 Free @ :20 rest  
-mid 50 catch up free, long strokes

12 x 50 choice @ :20 rest  
-same

8 x 50 kick-swim @ 1:10/1:20/ :20 rest  
(o) head up free kick hand in front-swim  
(e) rotate rt/lft hand at side every 10 kicks-swim

14 x 100 Free  
on pace

4 @ 1:35/40/45/2:00  
1 @ 1:25/30/35/45  
3 @ 1:35.....  
1 @ 1:25.....  
2 @ 1:35.....  
1 @ 1:25.....  
1 @ 1:35....  
1 @ 1:25....

9 x 100 Free @ 2:30 work

2 hold same time  
2 same time, faster  
2 " "  
2 " "  
1 Fast as you can go

Warm Down