

Warm Up:

- 600 Warm Up
- 8 x 100's Choice (50 drill/50 swim) on 20 seconds rest
- 6 x 75's Kick Choice (EZ, Fast, EZ by 25) on 15 seconds rest

Main Set:

- No real main set. Focused a lot on balance and equilibrium work.

LANES 2 + 3:

Warm Up:

- 600 Warmup
- 8 x 100's Choice (50 drill/50 swim) on 20 seconds rest
- 8 x 75's Kick Choice (EZ, Fast, EZ by 25) on 15 seconds rest

Main Set (All Free):

- 4 x 75's Moderate on 1:25/1:30
- 300 Negative Split to 95% on 30 seconds rest
  
- 4 x 50's Moderate Recovery on 1:00/1:05
- 200 Negative Split to 95% on 30 seconds rest
  
- 4 x 25's Moderate Recovery on :40
- 100 FAST!!!

Warm Down

- 10 x 50's on 1:00 Ascend 1-10 (get slower each successive 50)

LANE 4:

Warm Up:

- 600 Warmup
- 8 x 100's Choice (50 drill/50 swim) on 20 seconds rest
- 8 x 75's Kick Choice (EZ, Fast, EZ by 25) on 15 seconds rest

Main Set (All Free):

- 4 x 100's Moderate on 1:40
- 300 Negative Split to 95% on 30 seconds rest

- 4 x 50's Moderate Recovery on 1:00
- 200 Negative Split to 95% on 30 seconds rest

- 4 x 25's Moderate Recovery on :40
- 100 FAST!!!

#### Warm Down

- 10 x 50's on 1:00 Ascend 1-10 (get slower each successive 50)

#### LANES 5 + 6

#### Warm Up:

- 600 Warmup
- 8 x 100's Choice (50 drill/50 swim) on 20 seconds rest
- 8 x 75's Kick Choice (EZ, Fast, EZ by 25) on 15 seconds rest

#### Main Set (All Free):

- 4 x 100's Moderate on 1:30/1:35
- 400 Negative Split to 95% on 30 seconds rest
- 4 x 75's Moderate Recovery on 1:10/1:15
- 300 Negative Split to 95% on 30 seconds rest
- 4 x 50's Moderate Recovery on :50/:55
- 200 Negative Split to 95% on 30 seconds rest
- 4 x 25's Moderate Recovery on :30
- 100 FAST!!!

#### Warm Down

- 10 x 50's on 1:00 Ascend 1-10 (get slower each successive 50)

#### TOTALS:

Lane 1 = N/A  
Lane 2 = 3,700 yards  
Lane 3 = 3,700 yards  
Lane 4 = 3,800 yards  
Lane 5 = 4,500 yards  
Lane 6 = 4,500 yards