

1. 600

2. 9x100

Odds - Free 1:20/1:25/1:30/1:40

Evens - IM 1:30/1:35/1:45/1:50

[Lane 1: 5 on :20 rest]

3. 9x

- 75 Best Average on 1:00/1:10/1:10/1:20

- 50 Stoke (IM order, no Free) 1:00/1:05/1:10/1:10

- 25 SPRINT :20/:25/:25/:25

- 25 easy :40/:40/:45/:45

[Lane 1, 4 sets]

75 easy

4. 3-4 x

- 100 Stroke 1:45/1:45/1:50/2:00

- 75 Pull 4/5BP 1:15/1:15/1:20/1:30

- 50 Kick/swim 1:00/1:00/1:00/1:15

- 25 breast pull :45/:45/:50/ regroup

6. 3-5 x 50 easy on 1:00 loosen

Lane 6: 4400 Yards

Lane 3: 4100 Yards