

Focus: Building and pacing for 100's, 200's.

LANE 1:

600 Warm Up

8 x 50's Drill Choice on 20 seconds rest

16 x 25's Kick Choice on "Last In - First Out"  
(Descend 1-4, 5-8, 9-12, 13-16)

2 x the following set:

- 4 x 75 Build on 1:30

- 4 x 25 Easy on :45

4 x 100's Free Broken on :30 rest  
(75 Build = :05 rest = 25 Sprint)

2 x 200's Free Broken on :60 rest  
(75 Moderate Build = :05 rest = 75 Fast = :10 rest = 50 Sprint)

150 Warm Down

LANE 2:

600 Warm Up

8 x 50's Drill Choice on 1:20

16 x 25's Kick Choice on "Last In - First Out"  
(Descend 1-4, 5-8, 9-12, 13-16)

2 x the following set:

- 4 x 75 Build on :20 rest

- 4 x 25 Easy on :10 rest

4 x 100's Choice Broken on 2:00  
(75 Build = :05 rest = 25 Sprint)

2 x 200's Choice Broken on 4:00  
(75 Moderate Build = :05 rest = 75 Fast = :10 rest = 50 Sprint)

6 x 100's Free Broken on 1:50  
(75 Build = :05 rest = 25 Sprint)

150 Warm Down

LANES 3 + 4:

600 Warm Up

8 x 50's Drill Choice on 1:10/1:15

16 x 25's Kick Choice on "Last In - First Out"  
(Descend 1-4, 5-8, 9-12, 13-16)

2 x the following set:  
- 4 x 75 Build on 1:25  
- 4 x 25 Easy on :40

4 x 100's Choice Broken on 1:50  
(75 Build = :05 rest = 25 Sprint)

2 x 200's Choice Broken on 3:50  
(75 Moderate Build = :05 rest = 75 Fast = :10 rest = 50 Sprint)

6 x 100's Free Broken on 1:40  
(75 Build = :05 rest = 25 Sprint)

150 Warm Down

LANES 5 + 6:

600 Warm Up

8 x 50's Drill Choice on 1:00

16 x 25's Kick Choice on "Last In - First Out"  
(Descend 1-4, 5-8, 9-12, 13-16)

2 x the following set:  
- 4 x 75 Build on 1:15  
- 4 x 25 Easy on :30

4 x 100's Choice Broken on 1:50  
(75 Build = :05 rest = 25 Sprint)

2 x 200's Choice Broken on 3:30  
(75 Moderate Build = :05 rest = 75 Fast = :10 rest = 50 Sprint)

6 x 100's Free Broken on 1:40  
(75 Build = :05 rest = 25 Sprint)

2 x 200's Free Broken on 3:15  
(75 Moderate Build = :05 rest = 75 Fast)