LANE 6
Warm Up: 200 Swim/200 Kick/200 Pull/200 Swim

Main Set
5×100 **race pace** (rest 0:05 between each 100)
2:00 minute rest
500 **race pace**
200 *extremely easy*
*REPEAT 1 more time

Cool Down: 300 free; every 4th length ABF **TOTAL:** 3500

LANE 5
Warm Up: 200 Swim/200 Kick/200 Pull/200 Swim

Main Set
5×100 **race pace** (rest 0:05 between each 100)
2:00 minute rest
400 **race pace**
200 *extremely easy*
*REPEAT 1 more time

Cool Down: 300 free; every 4th length ABF **TOTAL:** 3400

LANE 4
Warm Up: 200 Swim/200 Kick/200 Pull/200 Swim

Main Set
5×100 **race pace** (rest 0:05 between each 100)
2:00 minute rest
400 **race pace**
200 *extremely easy*
*REPEAT 1 more time

Cool Down: 200 free; every 3rd length ABF **TOTAL:** 3400

LANE 3
Warm Up: 200 Swim/200 Kick/200 Pull/200 Swim

Main Set
5×100 **race pace** (rest 0:05 between each 100)
2:00 minute rest
400 **race pace**
100 *extremely easy*
*REPEAT 1 more time

Cool Down: 200 free; every 3rd length ABF **TOTAL:** 3300

LANE 2
Warm Up: 100 Swim/200 Kick/200 Pull/100 Swim

Main Set
5×100 **race pace** (rest 0:05 between each 100)
2:00 minute rest
400 **race pace**
100 *extremely easy*
*REPEAT 1 more time

Cool Down: 200 free; every 3rd length ABF **TOTAL:** 3200

LANE 1
Warm Up: 100 Swim/200 Kick/200 Pull/100 Swim

Main Set
5×100 **race pace** (rest 0:05 between each 100)
2:00 minute rest
300 **race pace**
100 *extremely easy*
*REPEAT 1 more time

Cool Down: 100 choice **TOTAL:** 3000