

LANE 6

WARM UP: 400 choice – every 4th length ABF; 200 pull (breathe every 5th stroke); 100 kick with board

MAIN SET:

- 6x50 @ 1:10 (25 SPRINT/25 easy)
- 4x200 w/paddles ONLY @ 2:45
- 6x50 @ 1:10 (25 SPRINT/25 easy)
- 4x100 w/buoy ONLY @ 1:30
- 6x50 @ 1:15 (25 Dive & SPRINT/25 easy)
- 8x50 @ 1:00 (IM switch)

COOL DOWN: 300 EZ

TOTAL: 3500 total

LANE 5

WARM UP: 300 choice – every 4th length ABF; 200 pull (breathe every 5th stroke); 100 kick with board

MAIN SET:

6x50 @ 1:10 (25 Dive & SPRINT/25 easy)
4x200 w/paddles ONLY @ 3:10
6x50 @ 1:10 (25 SPRINT/25 easy)
4x100 w/buoy ONLY @ 1:30
6x50 @ 1:15 (25 SPRINT/25 easy)
8x50 @ 1:00 (IM switch)

COOL DOWN: 200 EZ

TOTAL: 3300 total

LANE 4

WARM UP: 300 choice – every 4th length ABF; 200 pull (breathe every 5th stroke); 100 kick with board

MAIN SET:

6x50 @ 1:15 (25 SPRINT/25 easy)

4x200 w/paddles ONLY @ 3:30

6x50 @ 1:15 (25 SPRINT/25 easy)

4x100 w/buoy ONLY @ 1:40

6x50 @ 1:15 (25 Dive & SPRINT/25 easy)

8x50 @ 1:10 (25 FREE/25 IM switch)

COOL DOWN: 100 EZ

TOTAL: 3200 total

LANE 3

WARM UP: 300 choice – every 4th length ABF; 200 pull (breathe every 5th stroke); 100 kick with board

MAIN SET:

6x50 @ 1:15 (25 SPRINT/25 easy)

3x200 w/paddles ONLY @ 3:45

6x50 @ 1:15 (25 SPRINT/25 easy)

4x100 w/buoy ONLY @ 1:45

6x50 @ 1:15 (25 Dive & SPRINT/25 easy)

6x50 @ 1:15 (25 FREE/25 breast)

COOL DOWN: 100 EZ

TOTAL: 3100 total

LANE 2

WARM UP: 300 choice – every 4th length ABF; 200 pull (breathe every 5th stroke); 100 kick with board

MAIN SET:

6x50 @ 1:15 (25 SPRINT/25 easy)

2x200 w/paddles ONLY @ 4:00

6x50 @ 1:15 (25 SPRINT/25 easy)

4x100 w/buoy ONLY @ 1:55

6x50 @ 1:15 (25 Dive & SPRINT/25 easy)

COOL DOWN: 300 EZ

TOTAL: 2800 total

LANE 1

WARM UP: 300 choice – every 4th length ABF; 200 pull (breathe every 5th stroke); 100 kick with board

MAIN SET: (USE THE CLOCK)

6x50 @ 1:15 (25 SPRINT/25 easy)

2x200 w/paddles ONLY @ :15 rest

6x50 @ 1:15 (25 SPRINT/25 easy)

4x100 w/buoy ONLY @ 2:10

6x50 @ 1:15 (25 Dive & SPRINT/25 easy)

COOL DOWN: 300 EZ

TOTAL: 2800 total