LANE 6 **(see what you can do ….)**
WARM UP: 200 swim; 50 back; 100 high swingers; 100 swim
MAIN SET: 40 x 100
4 x 100 on 1:30
3 x 100 on 1:25
2 x 100 on 1:20
1 x 100 on 1:15
50 easy
1 x 100 on 1:30
4 x 100 on 1:25
3 x 100 on 1:20
2 x 100 on 1:15
50 easy
2 x 100 on 1:30
3 x 100 on 1:25
4 x 100 on 1:20
1 x 100 on 1:15
50 easy
3 x 100 on 1:30
4 x 100 on 1:25
2 x 100 on 1:20
1 x 100 on 1:15

COOL DOWN: 100 EZ *TOTAL: 4700*

LANE 5A
WARM UP: 100 swim; 50 back; 100 high swingers; 100 swim
MAIN SET:
4 x 100 on 1:35
3 x 100 on 1:30
2 x 100 on 1:25
50 easy

1 x 100 on 1:35
4 x 100 on 1:30
3 x 100 on 1:25
50 easy

2 x 100 on 1:35
1 x 100 on 1:30
4 x 100 on 1:25
50 easy

3 x 100 on 1:35
2 x 100 on 1:30
1 x 100 on 1:25
COOL DOWN: 100 EZ TOTAL: 3600

LANE 5B
WARM UP: 100 swim; 50 back; 100 high swingers; 100 swim
MAIN SET:
4 x 100 on 1:45
3 x 100 on 1:40
2 x 100 on 1:30
50 easy

1 x 100 on 1:45
4 x 100 on 1:40
3 x 100 on 1:35
50 easy

2 x 100 on 1:45
1 x 100 on 1:40
4 x 100 on 1:35
50 easy

3 x 100 on 1:45
2 x 100 on 1:40
1 x 100 on 1:35
COOL DOWN: 100 EZ *TOTAL: 3600*

LANE 4
WARM UP: 100 swim; 100 high swingers; 100 swim

MAIN SET:
4 x 100 on 1:50
3 x 100 on 1:45
2 x 100 on 1:40
1 x 100 on 1:55

4 x 100 on 1:50
3 x 100 on 1:45
2 x 100 on 1:55
1 x 100 on 1:40

4 x 100 on 1:45
3 x 100 on 1:50
2 x 100 on 1:45
COOL DOWN: 100 EZ *TOTAL: 3500*

LANE 3- WARM UP: 100 swim; 100 high swingers; 100 swim
MAIN SET: (USE FINS WHERE NEEDED)
3 x 100 on 1:55
2 x 100 on 1:50
1 x 100 on 1:45

4 x 100 on 1:55
3 x 100 on 1:50
2 x 100 on 1:45

2 x 100 on 1:55
3 x 100 on 1:50
4 x 100 on 1:45
COOL DOWN: 100 EZ TOTAL: 3000

LANE 1 and 2-WARM UP: 100 swim; 100 high swingers; 100 swim
MAIN SET: (USE FINS WHERE NEEDED)
3 x 100 on 15 SECONDS REST
2 x 100 on 5 SECONDS REST
1 x 100 on 10 SECONDS REST

4 x 100 on 5 SECONDS REST
3 x 100 on 10 SECONDS REST
2 x 100 on 15 SECONDS REST

3 x 100 on 5 SECONDS REST
2 x 100 on 10 SECONDS REST
1 x 100 on 15 SECONDS REST
COOL DOWN: 100 EZ TOTAL: 2500