LANE 6
WARM UP: 100 easy free; 300 pull (paddles optional); 4 x 50 descend @ :50

THREE TIMES THROUGH:
1 X 500 @ 7:15 (1:27 pace)
1 X 100 @ 1:30
1 X 100 @ 1:20
1 X 300 @ 4:40

COOL DOWN: 200 easy choice TOTAL: 3800

LANE 5
WARM UP: 100 easy free; 250 pull (paddles optional); 3 x 50 descend @ :50

THREE TIMES THROUGH:
1 X 500 @ 7:45 (1:33 pace)
1 X 100 @ 1:40
1 X 100 @ 1:30
1 X 300 @ 5:00

COOL DOWN: 100 easy choice TOTAL: 3600

LANE 4
WARM UP: 100 easy free; 150 pull (paddles optional); 3 x 50 descend @ :60

THREE TIMES THROUGH:
1 X 500 @ 8:30 (1:42 pace)
1 X 100 @ 1:50
1 X 100 @ 1:40
1 X 300 @ 5:15

COOL DOWN: 100 easy choice TOTAL: 3500

LANE 3
WARM UP: 300 easy free; 300 pull (paddles optional); 8 x 25 @ :30 descend 1-4, 5-8
TWO TIMES THROUGH: (DON'T SWITCH THE LEAD UNTIL THE END OF THE SET)

1 X 500 @ 9:00 (1:48 pace)
1 X 100 @ 2:00
1 X 100 @ 1:45
1 X 300 @ 5:45

COOL DOWN: 200 easy choice TOTAL: 3000

LANE 2
WARM UP: 200 easy free; 200 pull (paddles optional);
8 x 25 @ :30 descend 1-4, 5-8
TWO TIMES THROUGH: (DON'T SWITCH THE LEAD UNTIL END OF THE SET)

1 X 500 @ 10:00 (2:00 pace)
1 X 100 @ 2:00
1 X 100 @ 1:50
1 X 300 @ 6:00

COOL DOWN: 200 easy choice TOTAL: 2800

LANE 1
WARM UP: 200 easy free; 200 pull (paddles optional);
4x 25 @ :30 descend 1-4

TWO TIMES THROUGH:

1 X 500 @ 10:45 (2:10 pace)
1 X 100 @ 2:15
1 X 100 @ 2:00
1 X 300 @ 6:30

COOL DOWN: 200 easy choice TOTAL: 2700