Lane 1 - Warm up (800m)

Reps	Distance	Details	Rest
1	500	75m swim, 25m catch ups	30s
6	50m	1&2 last half length fast, 3&4 fast in and out of wall, 5&6 first half length fast	1m

Main Set (2000m)

Reps	Distance	Details	Rest
1	400	Pull	+45s
4	100	@CSS	+20s
1	300	Pull	+30s
3	100	@CSS	+20s
1	200	Pull	+30s
2	100	@CSS	+20s
1	100	Pull	+20s
1	100	@CSS	+20s

Cool down (200m)

Reps	Distance	Details	Rest
2	100	Finger drag up, swim back	3000m

Lane 2 - Warm up (500m)

Reps	Distance	Details	Rest
1	200	75m swim, 25m catch ups	30s
6	50m	1&2 last half length fast, 3&4 fast in and out of wall, 5&6 first half length fast	1m5s
Main Set (2000m)			
1	400	Pull	+45s
4	100	@CSS	+20s
1	300	Pull	+30s
3	100	@CSS	+20s
1	200	Pull	+30s
2	100	@CSS	+20s
1	100	Pull	+20s
1	100	@CSS	+20s
Cool down (100m)			
2	50	Finger drag up, swim back	2600m

Lane 3 - Warm up (500m)			
Reps	**Distance**	**Details**	**Rest**
1	200	75m swim, 25m catch ups	30s
6	50m	1&2 last half length fast, 3&4 fast in and out of wall, 5&6 first half length fast	1m5s
Main Set (1600m)			
4	100	@CSS	+20s
1	300	Pull	+30s
3	100	@CSS	+20s
1	200	Pull	+30s
2	100	@CSS	+20s
1	100	Pull	+20s
1	100	@CSS	+20s
Cool down (100m)			
2	50	Finger drag up, swim back	2200m

Lane 4 - Warm up (500m)

Reps	Distance	Details	Rest
1	200	75m swim, 25m catch ups	30s
6	50m	1&2 last half length fast, 3&4 fast in and out of wall, 5&6 first half length fast	1m5s

Main Set (1400m)

Reps	Distance	Details	Rest
4	100	@CSS	+20s
1	300	Pull	+30s
3	100	@CSS	+20s
1	200	Pull	+30s
2	100	@CSS	+20s

Cool down (100m)

Reps	Distance	Details	Rest
2	50	Finger drag up, swim back	26 000m