Lane 1

Warm up (800m)			
Reps	**Distance**	**Details**	**Rest**
1	200m	Easy freestyle	+15s
4	50m	Fingertip drag up, swim back – high elbow finger entry	+15s
4	50m	Broken arrow – Hold the pose. Drill up / swim back	+15s
4	50m	Easy/Fast, Fast/Easy, Easy/Easy, Fast/Fast	1m
Main Set (1500m)			
8	75m	At 400m race pace	1m30s
1	200m	Easy freestyle	Regroup
8	50m	Fast	1m5s
1	200m	Easy freestyle	Regroup
8	25m	Max	35s
Cool down (200m)			
2	100	Easy Fingertip drag up, swim back	

Total 2500m

Lane 2

Warm up (700m)			
Reps	**Distance**	**Details**	**Rest**
1	200m	Easy freestyle	+15s
4	50m	Fingertip drag up, swim back – high elbow finger entry	+15s
2	50m	Broken arrow – Hold the pose. Drill up / swim back	+15s
4	50m	Easy/Fast, Fast/Easy, Easy/Easy, Fast/Fast	1m15s
Main Set (1500m)			
8	75m	At 400m race pace	1m45s
1	200m	Easy freestyle	Regroup
8	50m	Fast	1m15s
1	200m	Easy freestyle	Regroup
8	25m	Max	45s
Cool down (100m)			
1	100	Easy Fingertip drag up, swim back	

Total 2300m

Lane 3

Warm up (700m)

Reps	Distance	Details	Rest
1	200m	Easy freestyle	+15s
4	50m	Fingertip drag up, swim back – high elbow finger entry	+15s
2	50m	Broken arrow – Hold the pose. Drill up / swim back	+15s
4	50m	Easy/Fast, Fast/Easy, Easy/Easy, Fast/Fast	1m

Main Set (1300m)

Reps	Distance	Details	Rest
6	75m	At 400m race pace	1m45s
1	200m	Easy freestyle	Regroup
6	50m	Fast	1m15s
1	200m	Easy freestyle	Regroup
6	25m	Max	45s

Cool down (100m)

Reps	Distance	Details	Rest
1	100	Easy Fingertip drag up, swim back	

Total 2100m

Lane 4 - Warm up (700m)			
Reps	**Distance**	**Details**	**Rest**
1	200m	Easy freestyle	+15s
4	50m	Fingertip drag up, swim back – high elbow finger entry	+15s
2	50m	Broken arrow – Hold the pose. Drill up / swim back	+15s
4	50m	Easy/Fast, Fast/Easy, Easy/Easy, Fast/Fast	1m
Main Set (1300m)			
6	75m	At 400m race pace	1m45s
1	200m	Easy freestyle	Regroup
6	50m	Fast	1m15s
1	200m	Easy freestyle	Regroup
6	25m	Max	45s
Cool down (100m)			
1	100	Easy Fingertip drag up, swim back	