

Lane 1 - Warm up (800m)			
Reps	Distance	Details	Rest
5	100	Easy, Steady, Moderate, Build, Easy	30s
1	300	Swim with paddles – Broken arrow up, swim back	1m
Main Set (2000m)			
1	400	Steady	+45s
2	200	Moderate	+30s
4	100	Fast	+20s
8	50	Max	+15s
2	200	Hold pace from previous 200s	+30s
Cool down (200m)			
2	100	Finger drag up, swim back	3000m

Lane 2 - Warm up (800m)			
Reps	Distance	Details	Rest
5	100	Easy, Steady, Moderate, Build, Easy	30s
1	300	Swim with paddles – Broken arrow up, swim back	1m
Main Set (1600m)			
1	400	Steady	+45s
2	200	Moderate	+30s
4	100	Fast	+20s
8	50	Max	+15s
Cool down (200m)			
2	100	Finger drag up, swim back	2600m

Lane 3 - Warm up (600m)			
Reps	Distance	Details	Rest
4	100	Easy, Steady, Moderate, Build	30s
1	200	Swim with paddles – Broken arrow up, swim back	1m
Main Set (1600m)			
1	400	Steady	+45s
2	200	Moderate	+30s
4	100	Fast	+20s
8	50	Max	+15s
Cool down (100m)			
2	50	Finger drag up, swim back	2300m

Lane 4 - Warm up (600m)			
Reps	Distance	Details	Rest
4	100	Easy, Steady, Moderate, Build	30s
1	200	Swim with paddles – Broken arrow up, swim back	1m
Main Set (1200m)			
1	400	Steady	+45s
2	200	Moderate	+30s
2	100	Fast	+20s
4	50	Max	+15s
Cool down (100m)			
2	50	Finger drag up, swim back	1900m