

MAIN EVENT	Warm up
50 FREE	1 X 600 SW-KICK /50 1 X 200 PULL FR LUNG BUSTERS 3.5.7.9/50 1 X 100 DRILL FREE 1-2 X 50S STROKE AND TIME, -2 STROKES THAN TIME 1 X 100 WARM DOWN 4 X DIVE OR PUSH 12.5 #1, 3 - KICK/ #2,4 SWIM NO BREATHING 1 X 100 WARM DOWN
100 FREE	1 X 600 SW-KICK /50 1 X 200 PULL FR LUNG BUSTERS 3.5.7.9/50 1 X 100 DRILL FREE 4 X 50 #1, #3 BUILD FREE - (GOOD TURN + RACE FINISH), BP 2.3 OR 4 #2, 4 - EASY FREE 2 X 25 BUILD FROM DIVE, NO BREATHING 1 X 200 WARM DOWN
100 BACK	1 X 600 SW-KICK /50 1 X 200 PULL BK-FR/50 LUNG BUSTERS 3.5.7.9/50 1 X 100 DRILL FREE 4 X 50 #1, #3 BUILD FREE - (GOOD TURN + RACE FINISH), BP 2.3 OR 4 #2, 4 - EASY FREE 4 X 12.5 SPRINTS #1, 3 - KICK/ #2,4 SWIM BREAKOUT+1 CYCLE 1 X 200 WARM DOWN
100 BR	1 X 600 SW-KICK /50 (KICK 25 EGGBEATER, OR L-R, 25 BR) 1 X 200 PULL FR/BR BY 25, FREE LUNG BUSTERS 3.5.7.9 1 X 100 DRILLS BR 4 X 50 #1, #3 BUILD BR - (GOOD TURN + FINISH) HOLD CYCLE COUNT #2, 4 - EASY FREE 2 X 25 DIVE BUILD 1 X 200 WARM DOWN
100 FLY	1 X 600 SW-KICK /50 1 X 200 PULL (50 FREE+25 FLY) 1 X 100 DRILL FLY 4 X 50 #1, #3 BUILD FLY - (GOOD TURN + RACE FINISH) #2, 4 - EASY FREE 2 X 25 BUILD FLY + DIVES 1 X 200 WARM DOWN

MAIN EVENT	Warm up
200 FREE	1 X 600 SW-KICK /50 1 X 200 PULL FR LUNG BUSTERS 3.5.7.9/50 1 X 200 DRILLS 2-3 X 50 @ PACE ON ABOUT 1:30 1 X 100 WARM DOWN EASY 1 X 25 FROM DIVE, BUILD, NO BREATH 1 X 200 WARM DOWN
200 BACK	1 X 600 SW-KICK /50 1 X 200 PULL FR-BK/50 1 X 200 DRILLS BK 2-3 X 50 @ PACE ON ABOUT 1:30 1 X 100 WARM DOWN EASY 1 X 25 FROM DIVE, BUILD OR 2 X 15 M BREAKOUTS 1 X 200 WARM DOWN
200 BR	1 X 600 SW-KICK /50 (KICK 25 EGGBEATER, OR L-R, 25 BR) 1 X 200 PULL FR/BR BY 25, FREE LUNG BUSTERS 3.5.7.9 1 X 200 DRILLS BR 2-3 X 50 @ PACE 200 ON ABOUT 1:30 SWIM 1 SEC FASTER THAN RACE SPLITS - TURN! 1 X 100 WARM DOWN EASY 1 X 25 FROM DIVE, BUILD, ON 5, 6, 7, 8 CYCLES (DEPENDING ON YOUR SKILLS) 1 X 200 WARM DOWN
200 FLY	1 X 600 SW-KICK /50 (KICK FLY/BR 25) 1 X 200 PULL (50 FREE+25 FLY) 1 X 200 DRILLS FLY 3 X 50 @ PACE ON ABOUT 1:30 SWIM 1 SEC FASTER THAN RACE SPLITS - TURN! 1 X 100 WARM DOWN EASY 1 X 25 FLY FROM DIVE, BUILD, SET BREATHING PATTERN FOR 200 1 X 200 WARM DOWN
200 IM	1 X 600 SW-KICK /50 (KICK FLY/BR 25) 1 X 200 PULL FR LUNG BUSTERS 3.5.7.9/50 1 X 200 DRILLS IM 3 X 50 @ BUILD ON ABOUT 1:30 FLY-BK/BK-BR/BR-FR 1 X 100 WARM DOWN EASY 1 X 25 FLY FROM DIVE, BUILD, SET BREATHING PATTERN 1 X 200 WARM DOWN

MAIN EVENT	Warm up
400 IM	1 X 600 (100 SW FR/ 100 KICK IM) 1 X 400 PULL FR LUNG BUSTERS 3.5.7.9/100 1 X 200 DRILLS IM 6 X 50 @ 1' 2 EA BK-BR-FR 1 X 100 WARM DOWN EASY 1 X BUILD 50 FLY. SET AEROBIC BREATHING PATTERN 1 X 200 WARM DOWN
400/500 FREE	1 X 800 EVERY 3RD 50 KICKING 1 X 400 PULL REV LBUSTER TREND 9.7.5.3 1 X 200 DRILL FR, DPC 6 X 50 SWIM @ :50 , ESTABLISH RACE BREATHING PATTERN #1 - MODERATE, #2-5 HOLD PACE, #6 - 25 PACE+ 25 FAST 1 X 400 LOOSEN
800/1000	1 X 800 EVERY 3RD 50 KICKING 1 X 800 PULL (2X100 MOD, 4X100 STRONG, 2X100 NEG SPLIT) 3-4 X 100 SWIM @ 1:40 , ESTABLISH RACE BREATHING PATTERN #1 - MODERATE, #2-3 HOLD PACE, #4 - 50 HOLD PACE+ 50 FASTER 1 X 400 LOOSEN
1650/1500	1 X 800 EVERY 3RD 50 KICKING 1 X 800 PULL (2X100 MODERATE, 4X100 STRONG, 2X100 NEG SPLIT) 5 X 100 SWIM @ 1:30 , WITH RACE BREATHING PATTERN #1 - MODERATE, #2-4 HOLD PACE, #5 - (50 HOLD PACE+ 50 FASTER) 1 X 400 LOOSEN