

	Warm Up	Drills	Main Sets	Drills	Warm Down
#1	200m	6x50m @ 10sec	3x50m@10sec, 2x100@20sec, 2x150m@30sec, 3x100m@20sec, 3x50m@10sec.	6x50m @10sec	200m
#2	200m	6x50m @ 10sec	4x (100m@15sec, 150m@20sec)	6x50m @10sec	200m
#3	200m	6x50m @ 10sec	4x (25m@5sec, 50m@5sec, 75m@10sec, 100m@15sec)	6x50m @10sec	200m
#4	200m	6x50m @ 10sec	2x250m@30sec, 4x125m@15sec	6x50m @10sec	200m
#5	200m	6x50m @ 10sec	3x (100m@15sec, 250m@30sec)	6x50m @10sec	200m
#6	200m	6x50m @ 10sec	8x25m@5sec, 4x50m@10sec, 2x100m@15sec, 2x200m@20sec	6x50m @10sec	200m
#7	200m	6x50m @ 10sec	3x (150m@15sec, 200m@20sec)	6x50m @10sec	200m
#8	200m	6x50m @ 10sec	3x175m@20sec, 3x125m@10sec	6x50m @10sec	200m
#9	200m	6x50m @ 10sec	500m@35sec, 400m@30sec, 300@25sec, 200@20sec, 100m@15sec	6x50m @10sec	200m
#10	200m	6x50m @ 10sec	2x (50m@5sec, 100m@10sec, 150m@15sec, 200m@20sec, 250m@25sec)	6x50m @10sec	200m
#11	200m	6x50m @ 10sec	4x (125m@15sec, 225m@25sec)	6x50m @10sec	200m
#12	200m	6x50m @ 10sec	4x25m@5sec, 3x75m@10sec, 2x125m@15sec, 1x250m@20sec, 2x125m@15sec, 3x75m@10sec, 4x25m@5sec.	6x50m @10sec	200m
#13	200m	6x50m @ 10sec	6x150m@15sec, 6x100m@10sec.	6x50m @10sec	200m
#14	200m	6x50m @ 10sec	6x250m@30sec	6x50m @10sec	200m
#15	200m	6x50m @ 10sec	3x (25m fast@15sec, 125m@15sec) 3x (50m fast@15sec, 100m@15sec) 3x (75m fast@15sec, 75m@10sec)	6x50m @10sec	200m