

Monday 29th April

150 SWIM	3 rd & 5 th bk/brst	75	25 FC , 25 BK , 25 FC
150 PULL	3 rd & 5 th fly drill	75	25 FC , 25 BRST , 25 FC
3 X 50	Fly/bk-free- brst/fc	75	25 F , 25 FLY/ drill , 25 FC
3 X 50 IM	25 swim , 25 IM	75	Choice /choice /choice
		50	PULL FC
600M		350M	

125M	On 3 mins	75M	On 3 mins
	75m FC 10 secs rest		50m FC 10 secs rest
	50m fast fly		25m fast fly or fly drill
125M	On 3 mins	75M	On 3 mins
	75m FC 10 secs rest		50m FC 10 secs rest
	50m fast back		25m fast back
125M	On 3 mins	75M	On 3 mins
	75m FC 10 secs rest		50m FC 10 secs rest
	50m fast breast		25m fast breast
125M	On 3 mins	75M	On 3 mins
	75m FC 10 secs rest		50m FC 10 secs rest
	50m fast choice.		25m fast choice.
500M		300M	
	REPEAT SET		REPEAT SET
1000M		600M	
1650M		950m	

(Sub fly for fly drill when needed)