

The Set

2 x (Reverse order; Pyramid style) 4 x 500 Free

1 - 250 pace/50 easy/200 strong

2 - 25 easy/100 strong/250 pace/100 strong/25 easy

3 - 250 easy/250 pace

4 - 500 pace

4 x 400 IM

1 - 1st 200 within :10 of best of either 200 fly or 200 back Jm

2 - middle 200 within :10 of best of either 200 back or 200 breast Jme

3 - last 200 within :10 of best of either 200 breast or 200 free Jme

4 - 400 pace

4 x 300 Kick

150 sprint/50 easy/100 strong

4 x 200 IM

same as 400's: first/middle/last 100 within :5 of best of 100 fly/back/breast/free

4 x 100 Best Odd

50 sprint/50 easy

25 easy/50 sprint/25 easy

50 easy/50 sprint

100 all out

4 x 50 Free

12.5 easy/25 sprint/12.5 easy

25 sprint/25 easy

25 easy/25 sprint

50 all out