

Detail	Lane 4	Lane 3	Lane 2	Lane 1
<b>Warm up</b>				
Relaxed	200	200	200	200
Alternate CSS / - 4 seconds per 100 quicker R30	6 x 100	6 x 100	4 x 100	4 x 100
<i>Warm up distance</i>	800	800	600	600
<b>Main set</b>				
150m CSS - 50m faster regroup as rest	3 x 200	3 x 200	2 x 200	2 x 200
100m CSS - 100m faster (pull) regroup	3 x 200	3 x 200	2 x 200	1 x 200
50m Ez - 100m fast (pull/paddle) regroup	6 x 150	3 x 150	3 x 150	3 x 150
<i>Main set distance</i>	2100	1650	1250	1050
<b>Cool down</b>				
	100	100	100	100
<b>Total Distance</b>	3000	2550	1900	1750