September 18th Special lane

Distance	Warm-up:	
200	200m Relaxed swim	
	Main set:	**Notes**
900	6 x 150m as 50m pull relaxed into 100m swim fast r 10 only	
800	1 minute bonus rest	
	8 x 100m pull/parachutes fast r 10 only	
	1 minute bonus rest	
600	4 x 150m dive start bands fast walk to deep end as recovery	
2600m	Cool-down:	
	100m	