

Detail	Lane 4	Lane 3	Lane 2	Lane 1
Warm up				
#1&2 Ez #3&4 CSS #5 fast r 15	5 x 100	5 x 100	5 x 100	5 x 100
<i>Warm up distance</i>	500	500	500	500
Main set				
as 50m Ez – 200m CSS – 50m fast (regroup)	3 x 300	3 x 300	3 x 300	2 x 300
record time (bonus rest)	1 x 200	1 x 200	1 x 200	1 x 200
as 50m Ez – 200m CSS – 50m fast (regroup)	3 x 300	2 x 300	1 x 300	1 x 300
pull/paddle/bands r 10	? x 50	? x 50	? x 50	? x 50
<i>Main set distance</i>	2000+	1700+	1400+	1100
Cool down				
	100	100	100	100
Total Distance	3100	2600	2100	