**Option 1**

300 warm up – your choice of stroke

4 x 75s @ 15 seconds rest in between  
odds 25 kick/25 drill/25 swim  
evens 25 drill/25 swim/25 strong (not quite a sprint but definitely not slow)

2 x 100s @ 10 seconds rest

25 smooth/25 build/50 fast

3 x 50s free – 5 second rest in between

50 Easy @ 10 seconds rest

3 x 50s free @ 5 seconds rest in between

100 easy

**Option 2**200 warm up – your choice of stroke

4 x 75s @ 15 seconds rest in between  
odds 25 kick/25 drill/25 swim  
evens 25 drill/25 swim/25 strong (not quite a sprint but definitely not slow)

1 x 100s @ 10 seconds rest

25 smooth/25 build/50 fast

2 x 50s free @ 5 second rest in between

50 Easy @ 10 second rest

2 x 50s free @ 5 second rest in between

50 easy