**Warm Up**

200 Free (160 strokes)

200 Kick (timed for 2 minutes 30 seconds)

200 Choice (128 strokes)

**Warm Up Set**

* 8 X 25 on 10 seconds rest – Choice stroke

Use the information regarding number of strokes per 25 that has been previously established. Goal is to keep the number of strokes consistent. (Quality and quantity)

**Drill Set**

* 4 X 100 IM with a rotating drill – 20 seconds rest between each IM. Work through a good wall transition. Goal is 50-55 strokes per each 100 IM.
  + 25 Single Arm Fly, Swim 25 Back, Swim 25 Breast, Swim 25 Free
  + 25 Swim Fly, Princess wave Backstroke, Swim 25 Breast, Swim 25 Free
  + 25 Swim Fly, Swim 25 Back, 25 Make a Box Breastroke, Swim 25 Free
  + 25 Swim Fly, Swim 25 Back, Swim 25 Breast, Zipper Drill Free

**Endurance Swim**

“Sprint” should be fast while trying to maintain quality. “Moderate” should revert back to the stroke rate previously established.

* 1:00 Sprint Free
* 100 Moderate backstroke
* 1:00 Sprint Free
* 100 Moderate breastroke
* 1:00 Sprint Free
* 100 Moderate Fly (Or IM)
* 1:00 Sprint Free
* 100 EASY choice stroke

**Warm Down**

200 Free (160 strokes)

200 Kick (timed for 2 minutes 30 seconds)

200 Choice (128 strokes)