

## Lane 5&6 – Set 7

### Warm Up

200m choice swim

200m F/C – 50m kick, 50m swim x2

200m F/C – 50m pull, 50m swim x2

200m choice swim

### Sub-Set – Focus: Recovery

6 x 50m F/C drill as:

1&2: Zip up

3&4: Finger trail

5&6: POPOV

### Main Set

This set should be swum at 70% of 1500m pace

10 x 100m F/C w. 10 secs rest

5 x 200m F/C w.15 secs rest

### Swim Down

200m easy choice swim

Total 3200m

## Lane 3&4 – Set 7

### Warm Up

200m choice swim  
100m F/C – 50m kick, 50m swim  
100m F/C – 50m pull, 50m swim  
200m choice swim

### Sub-Set – Focus: Recovery

6 x 50m F/C drill as:  
1&2: Zip up  
3&4: Finger trail  
5&6: POPOV

### Main Set

This set should be swum at 70% of 1500m pace

8 x 100m F/C w. 10 secs rest  
4 x 200m F/C w.15 secs rest

### Swim Down

200m easy choice swim

Total 2600m