

**MAIN SET: 1600**

Read carefully!

Swim two rounds of the following with no break between rounds. Use the chart to determine your sendoffs. Pick one column and work down. Stay in ONE column, even if the 25s initially feel like too much rest. Treat the 25s as active recovery. The real work is on the 50s and 100s. Choice of stroke and equipment. You should get anywhere from ten to zero seconds rest on the 100s.

1 X 25 on X sendoff	30	35	40	45	50	55	60
1 X 50 on X sendoff	30	35	40	45	50	55	60
1 X 25 on X sendoff	30	35	40	45	50	55	60
2 X 100 on 2X sendoff	60	1:10	1:20	1:30	1:40	1:50	2:00

After completing 2 rounds of the above, swim 100 easy recovery.

Now, swim two rounds of the following with no break between rounds. Choose one column for your sendoffs and work down. Choice of stroke and equipment.

1 X 25 on X sendoff	30	35	40	45	50	55	60
1 X 50 on X sendoff	30	35	40	45	50	55	60
1 X 25 on X sendoff	30	35	40	45	50	55	60
3 X 100 on 2X sendoff	60	1:10	1:20	1:30	1:40	1:50	2:00

After completing 2 rounds of the above, swim 100 easy recovery.