**Pace Setting**

**Warm up**

* (**400mtrs**) Freestyle Easy

**Main Set:** (1600)

* **8 x 50:** as Medium pace (30-seconds Rest)
* **8 x 50:** as 25 Medium 25 fast (1-minute Rest)
* **4 x 100:** as **75** fast, rest 10 seconds, then **25** sprint (30 Seconds Rest)
* **8 x 50:** as **25** medium, rest 10 seconds, **25** sprint
* (30 Seconds Rest)

**Cool Down:**

* **200** Freestyle Easy

**Total** **2200mtrs**

**Mix It Up**

**Warm up (1,000)**

* **5 x 200** as **(**50 drill, 100 swim, 50 drill) Easy. 1 Min Rest

**Main Set (1600)**

* **3 x 400**
  + **First 400:** as 100 medium, 200 fast, 100 medium 1 Min Rest
  + **Second 400:** as 100 slow, 50 fast, 50 slow, 100 fast, 100 slow
  + 1 Min Rest
  + **Third 400:** as 200 medium, 100 fast, 100 slow 1 Min Rest
* **2 x 200**
  + **First 200:** as 100 single arm (Change arm every 25) 100 freestyle) 1 Min Rest
  + **Second 200:** as 100 Kick, (100 freestyle) 1 Min Rest

**Cool Down (400)**

* **400** Freestyle Easy

**Total 3000mtrs**

**A** **Mixed Bag**

**Warm up (500)**

* 300 swim 1 Min Rest
* 200 drills as (50 sidekicks Change sides each 25, 50 fingertip drags, 50 catch up , 50 Swim)
* 1 Min Rest

**Main Set (1,000)**

* 400 swim medium with every fourth length fast, 30-second rest
* 300 swim medium with every third length fast, 30-second rest
* 200 swim medium with every second length fast, 30-second rest
* 100 swim fast 1Min Rest.

**Set 2 (600).**

* 8 x 50 as 50 kick, 50 swim, 30 seconds rest
* 200 swim medium 1 min rest.

**Cool down (100)**

* Easy 100

**Total 2200mtrs**