07.02.2017 Sprint session

Lane 1

500 warm up

3x100 build R15

6x200 as 100/50/50

 4xFC, 2xFins

200 swim down

Total:2,2km

Lane 2

400 warm up

3x100 build R15

6x200 as 100/50/50

 4xFC, 2xFins

200 swim down

Total: 2,1km

Lane 3

300 warm up

3x100 build R15

5x200 as 100/50/50

 3xFC, 2xFins

200 swim down

Total: 1,8km

09.02.2017 Endurance

Lane 1

300 warm up

400 FC drill

8x50 R10

100, 200, 300, 300, 200, 100 All CSS R40

200 swim down

Total: 2,5km

Lane 2

300 warm up

400 FC drill

8x50 R10

100, 200, 250, 250, 200, 100 All CSS R40

200 swim down

Total:2,4km

Lane 3

200 warm up

400 FC drill

8x50 R10

100, 200, 300, 200, 100 All CSS R40

200 swim down