

**SESSION TYPE:** TECHNIQUE & DISTANCE  
**SESSION DAY:** SATURDAY  
**GROUP:** LANE 3  
**DISTANCE:** 4,200M

**WARM UP:**

200M - EASY F/C  
100M - F/C PADS  
100M - LEGS ONLY

**MAIN SET:**

1000M SWIM SET  
- EASY OR SWIM FOR TIME

5 X 100M DRILL SET  
- X 2 PADS  
- X 3 FISTS

6 X 100M DRILL SET  
- X3 LEGS ONLY  
- X3 EASY PACE

5 X 100M DRILL SET  
- X2 PULL BUOY  
- X3 ZIPPER

1000M SWIM SET  
- EASY OR SWIM FOR TIME

**COOL DOWN:**

200M - EASY MIXED STROKE

**SESSION TYPE:** TECHNIQUE & DISTANCE  
**SESSION DAY:** SATURDAY  
**GROUP:** LANE 2  
**DISTANCE:** 3,900M

**WARM UP:**

200M - EASY F/C  
100M - F/C PADS  
100M - LEGS ONLY

**MAIN SET:**

1000M SWIM SET  
- EASY OR SWIM FOR TIME

5 X 100M DRILL SET  
- X 2 PADS  
- X 3 FISTS

5 X 100M DRILL SET  
- X3 LEGS ONLY  
- X2 EASY PACE

5 X 100M DRILL SET  
- X2 PULL BUOY  
- X3 ZIPPER

800M SWIM SET  
- EASY OR SWIM FOR TIME

**COOL DOWN:**

200M - EASY MIXED STROKE

**SESSION TYPE:** TECHNIQUE & DISTANCE  
**SESSION DAY:** SATURDAY  
**GROUP:** LANE 1  
**DISTANCE:** 3000M

**WARM UP:**

200M - EASY F/C  
100M - F/C PADS  
100M - LEGS ONLY

**MAIN SET:**

500M SWIM SET  
- EASY OR SWIM FOR TIME

5 X 100M DRILL SET  
- X 2 PADS  
- X 3 FISTS

5 X 100M DRILL SET  
- X3 LEGS ONLY  
- X2 EASY PACE

5 X 100M DRILL SET  
- X2 PULL BUOY  
- X3 ZIPPER

500M SWIM SET  
- EASY OR SWIM FOR TIME

**COOL DOWN:**

100M - EASY MIXED STROKE