17.01.2017 Sprint session

Lane 1

500 warm up: 400FC breathing control, 100 any drill

6x100 on 1’40

3x100 SD

6x50 on 50’’

2x100 SD

4x50 on 2’

200 swim down

Total: 2,3km

Lane 2

500 warm up: 400FC breathing control, 100 any drill

5x100 on 1’50

3x100 SD

6x50 on 55’’

2x100 SD

4x50 on 2’

200 swim down

Total:2,2km

Lane 3

400 warm up: 300FC breathing control, 100 any drill

4x100 on 2’15

2x100 SD

6x50 on 1’05

2x100 SD

4x50 on 2’

100 swim down

Total: 1,8km

19.01.2017 Endurance session

Lane 1

300 warm up: 200FC, 2x(25 kick/25 scull)

3x 10x50 pull/paddles/pull+paddles R20

200 hard R2’

200 swim down

Total:2,6km

Lane 2

300 warm up: 200FC, 2x(25 kick/25 scull)

2x 8x50 pull/paddles R20

200 hard R2’

10x50 pull+paddles R20

200 hard R2’

200 swim down

Total: 2,4km

Lane 3

300 warm up: 200FC, 2x(25 kick/25 scull)

2x 6x50 pull/paddles R20

200 hard R2’

8x50 pull+paddles R20

200 hard R2’

200 swim down

Total: 2,1km