

SESSION TYPE: TECHNIQUE

SESSION DAY: SUNDAY

GROUP: LANE 1 & 2

DISTANCE: 2,300M

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

KICK / FULL STROKE INTERVALS

6 X 100M - F/C WITH FINS

- 50/50 KICK ONLY

10 X 100M - F/C DRILL SETS (EASY SWIM BETWEEN EACH)

- X3 PULL BUOY
- X3 ZIPPER
- X3 PADS

200M - F/C EASY SWIM

SKILL SET:

UNDERWATER KICK / TOUCH TURNS / TUMBLE TURNS

COOL DOWN:

100M - F/C EASY