

SESSION TYPE: DISTANCE & TECHNIQUE

SESSION DAY: SATURDAY

GROUP: LANE 3

DISTANCE: 3,900M

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

1,000M - F/C BIG SWIM

- TIME TRIAL GOAL EITHER FOR 2 X 500M OR 1K TT

4 X 200M - F/C D.P.S

- 45 SEC REST BETWEEN EACH

4 X 200M - F/C PULL BUOY / ZIPPER DRILL SET

- 45 SEC REST BETWEEN EACH

4 X 200M - F/C PADS DRILL SET

- 45 SEC REST BETWEEN EACH

800M - EASY F/C SWIM

- BREAK INTO 2 X 400 IF NEEDED

COOL DOWN:

200M - EASY MIXED STROKE

SESSION TYPE: DISTANCE & TECHNIQUE

SESSION DAY: SATURDAY

GROUP: LANE 2

DISTANCE: 3,600M

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

1,000M - F/C BIG SWIM

- TIME TRIAL GOAL EITHER FOR 2 X 500M OR 1K TT

4 X 200M - F/C D.P.S

- 45 SEC REST BETWEEN EACH

4 X 200M - F/C PULL BUOY / ZIPPER DRILL SET

- 45 SEC REST BETWEEN EACH

4 X 200M - F/C PADS DRILL SET

- 45 SEC REST BETWEEN EACH

500M - EASY F/C SWIM

COOL DOWN:

200M - EASY MIXED STROKE

SESSION TYPE: DISTANCE & TECHNIQUE

SESSION DAY: SATURDAY

GROUP: LANE 1

DISTANCE: 2,900M

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

2 X 500M - F/C BIG SWIM

- TIME TRIAL GOAL EITHER FOR 2 X 500M OR 1K TT

2 X 200M - F/C PULL BUOY / ZIPPER DRILL SET

- 45 SEC REST BETWEEN EACH

2 X 200M - F/C PADS DRILL SET

- 45 SEC REST BETWEEN EACH

500M - EASY F/C SWIM

- BREAK INTO 2 X 400 IF NEEDED

COOL DOWN:

200M - EASY MIXED STROKE