

**SESSION DAY:** SATURDAY

**SESSION TYPE:** DISTANCE & TECHNIQUE

**GROUP:** LANE 1

**TOTAL DISTANCE:** 2,800M

### WARM UP

200M - EASY F/C  
100M - F/C PADS  
100M - LEGS ONLY (FINS)

### MAIN SET

#### **DISTANCE BLOCK:**

1000M - EASY F/C WITH FOCUS ON GLIDE  
- 45SEC REST PER 200M FOR CORRECTIONS  
- 2 MIN REST WHEN COMPLETE

#### **TECHNIQUE BLOCK:**

6 x 100M - F/C DRILLS WITH LONG REST BETWEEN EACH  
- LEGS ONLY  
- ZIPPER  
- CATCH UP

#### **DISTANCE BLOCK:**

600M - EASY F/C WITH FOCUS ON THE ABOVE CORRECTIONS  
- 30 SEC REST PER 200M IF NEEDED

### COOL DOWN:

200M - EASY F/C OR MIXED STROKE

**SESSION DAY:** SATURDAY  
**SESSION TYPE:** DISTANCE & TECHNIQUE  
**GROUP:** LANE 2  
**TOTAL DISTANCE:** 3,200M

### WARM UP

200M - EASY F/C  
100M - F/C PADS  
100M - LEGS ONLY (FINS)

### MAIN SET

#### DISTANCE BLOCK:

1,200M - EASY F/C WITH FOCUS ON GLIDE  
- 30SEC REST @ 600M IF NEEDED  
- 2 MIN REST WHEN COMPLETE

#### TECHNIQUE BLOCK:

200M - F/C ZIPPER & PULL (50/50 DRILLS)  
- 30SEC REST PER 50M  
- 2MIN ON COMPLETION

200M - F/C LEGS ONLY (50/50 DRILLS)  
- 30SEC REST PER 50M  
- 2MIN ON COMPLETION

200M - F/C & B/C (B/C OPTIONAL) FOCUSING ON "CATCH"  
- 30SEC REST BETWEEN EACH 50M  
- 2MIN REST ON COMPLETION

#### DISTANCE BLOCK:

800M - EASY F/C WITH FOCUS ON THE ABOVE CORRECTIONS  
- 30 SEC REST @400M IF NEEDED

### COOL DOWN:

200M - EASY F/C OR MIXED STROKE

**SESSION DAY:** SATURDAY  
**SESSION TYPE:** DISTANCE & TECHNIQUE  
**GROUP:** LANE 3  
**TOTAL DISTANCE:** 3,500M

### WARM UP

200M - EASY F/C  
100M - F/C PADS  
100M - LEGS ONLY (FINS)

### MAIN SET

#### DISTANCE BLOCK:

1,500M - EASY F/C WITH FOCUS ON GLIDE  
- 30SEC REST @ 600M IF NEEDED  
- 2 MIN REST WHEN COMPLETE

#### TECHNIQUE BLOCK:

200M - F/C ZIPPER & PULL (50/50 DRILLS)  
- 30SEC REST PER 50M  
- 2MIN ON COMPLETION

200M - F/C LEGS ONLY (50/50 DRILLS)  
- 30SEC REST PER 50M  
- 2MIN ON COMPLETION

200M - F/C & B/C (B/C OPTIONAL) FOCUSING ON "CATCH"  
- 30SEC REST BETWEEN EACH 50M  
- 2MIN REST ON COMPLETION

#### DISTANCE BLOCK:

800M - EASY F/C WITH FOCUS ON THE ABOVE CORRECTIONS  
- 30 SEC REST @400M IF NEEDED

### COOL DOWN:

200M - EASY F/C OR MIXED STROKE

