

**SESSION TYPE:** TECHNIQUE

**SESSION DAY:** SUNDAY

**GROUP:** LANE 1 & 2

**DISTANCE:** 2,200M

**WARM UP:**

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

**MAIN SET:**

5 X 100M - F/C KICK ONLY INTERVALS

- 45 SECOND REST BETWEEN EACH

2 X 200M - PULL BUOY DRILL SET

- 45 SEC REST BETWEEN EACH

2 X 200M - F/C "CATCH" DRILL SET

- 45 SEC REST BETWEEN EACH

2 X 200M - F/C EASY SWIM

- 45 SEC REST BETWEEN EACH

**COOL DOWN:**

100M - F/C EASY