

SESSION DAY: SUNDAY
SESSION TYPE: TECHNIQUE
GROUP: LANE 1 & 2
TOTAL DISTANCE: 2,100M

WARM UP

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

MAIN SET

2 X 100M LEGS ONLY (FINS)
- ALTERNATE BETWEEN FRONT AND BACK
- 45 MIN REST BETWEEN EACH

6 X 100M - F/C EASY PACE (100/100 DRILLS)
- 3 X F/C ZIPPER
- 3 X EASY F/C PULL
- 35 SEC REST BETWEEN EACH 100M

8 X 50M - F/C PADS (50/50 DRILLS)
- ALTERNATE FROM EASY TO S/ARM EACH 50M
- 35SEC REST BETWEEN EACH 50M

2 X 200M - F/C EASY PACE
- FOCUS ON TECHNIQUE

COOL DOWN:

100M - EASY F/C OR MIXED STROKE

