

SESSION TYPE: POWER & SPEED

SESSION DAY: THURSDAY

GROUP: LANE 3

DISTANCE: 2,700M

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

200M - F/C EASY SWIM WITH PULL BUOY

F/C INTERVALS

6 X 75M - EASY / 25M HARD

200M - F/C EASY SWIM WITH PULL BUOY

6 X 100M -F/C INTERVALS

- HARD 2M5 / EASY 50M / HARD 25M

COOL DOWN:

100M - F/C EASY

SESSION TYPE: POWER & SPEED

SESSION DAY: THURSDAY

GROUP: LANE 3

DISTANCE: 2,400M

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

200M - F/C EASY SWIM WITH PULL BUOY

F/C INTERVALS

5 X 75M - EASY / 25M HARD

200M - F/C EASY SWIM WITH PULL BUOY

4 X 100M -F/C INTERVALS

- HARD 2M5 / EASY 50M / HARD 25M

COOL DOWN:

100M - F/C EASY

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 3

DISTANCE: 2,100M

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

2 X 100M - F/C EASY SWIM WITH PULL BUOY

DRILL SET:

4 X 100M - F/C

- SINGLE ARM
- ZIPPER DRILL

2 X 100M - F/C EASY SWIM WITH PULL BUOY

2 X 50M - F/C SPRINTS (25/25)

- SWIM IN PAIRS

COOL DOWN:

100M - F/C EASY