

**SESSION DAY:** THURSDAY  
**SESSION TYPE:** POWER & SPEED  
**GROUP:** LANE 1  
**TOTAL DISTANCE:** 1,800M

### WARM UP

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

### MAIN SET

4 X 50M - F/C LEGS ONLY (FINS)  
- 30 SEC REST BETWEEN EACH 50M

6 X 100M - F/C (50/50 DRILL SET)  
- SPEAR WATER  
- PADS  
- 1 MIN REST BETWEEN EACH 100M

4 X 100M - F/C INTERVALS (25/25)  
- 30SEC REST BETWEEN EACH 50M  
- 2MIN WHEN COMPLETE

### COOL DOWN:

200M - EASY F/C OR MIXED STROKE

**SESSION DAY:** THURSDAY  
**SESSION TYPE:** POWER & SPEED  
**GROUP:** LANE 2  
**TOTAL DISTANCE:** 2,400M

### WARM UP

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

### MAIN SET

5 X 100M - F/C & L/ONLY (50/50 DRILL SET)  
- ALTERNATE BETWEEN EACH 100M  
- 30 SEC REST BETWEEN EACH 50M  
- 2MIN ON COMPLETION

200M - F/C EASY RECOVERY PACE

4 x 100M - F/C PULL (50/50 DRILL SET)  
- FOCUS ON SPEARING WATER  
- ALTERNATE EVERY 50M  
- 30SEC BETWEEN EACH 50M / 2MIN ON COMPLETION

200M - F/C EASY RECOVERY PACE

5 X 100M - F/C INTERVALS (25/25)  
- 30SEC REST BETWEEN EACH 50M  
- 2MIN WHEN COMPLETE

### COOL DOWN:

200M - EASY F/C OR MIXED STROKE

**SESSION DAY:** THURSDAY  
**SESSION TYPE:** POWER & SPEED  
**GROUP:** LANE 3  
**TOTAL DISTANCE:** 2,600M

### WARM UP

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

### MAIN SET

5 X 100M - F/C & L/ONLY (50/50 DRILL SET)  
- ALTERNATE BETWEEN EACH 100M  
- 30 SEC REST BETWEEN EACH 50M  
- 2MIN ON COMPLETION

200M - F/C EASY RECOVERY PACE

5 x 100M - F/C PULL (50/50 DRILL SET)  
- FOCUS ON SPEARING WATER  
- ALTERNATE EVERY 50M  
- 30SEC BETWEEN EACH 50M / 2MIN ON COMPLETION

200M - F/C EASY RECOVERY PACE

6 X 100M - F/C INTERVALS (25/25)  
- 30SEC REST BETWEEN EACH 50M  
- 2MIN WHEN COMPLETE

### COOL DOWN:

200M - EASY F/C OR MIXED STROKE

