

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 3

DISTANCE: 3,100M

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - LEGS ONLY

MAIN SET

3 X 400M - F/C WITH QUICK PACE ON FINAL 25M OF EACH 100M

- 45 SECOND REST BETWEEN EACH 400M

3 X 200M - EASY F/C WITH PULL BUOY

- 45 SEC BETWEEN EACH
- FOCUS ON HIGH ELBOW

3 X 200M - F/C MINI-BUILD

- 45 SEC REST BETWEEN EACH

COOL DOWN:

100M - EASY MIXED STROKE

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 2

DISTANCE: 2,700M

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - LEGS ONLY

MAIN SET:

3 X 400M - F/C WITH QUICK PACE ON FINAL 25M OF EACH 100M

- 45 SECOND REST BETWEEN EACH 400M

2 X 200M - EASY F/C WITH PULL BUOY

- 45 SEC BETWEEN EACH
- FOCUS ON HIGH ELBOW

3 X 200M - F/C MINI-BUILD

- 45 SEC REST BETWEEN EACH

COOL DOWN:

100M - EASY MIXED STROKE

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 1

DISTANCE: 2,100M

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - LEGS ONLY

MAIN SET:

3 X 300M - F/C WITH QUICK PACE ON FINAL 25M OF EACH 100M

- 1 MIN REST BETWEEN EACH 300M

4 X 100M - EASY F/C WITH PULL BUOY

- 45 SEC BETWEEN EACH
- FOCUS ON HIGH ELBOW

300 - F/C MINI-BUILD

COOL DOWN:

100M - EASY MIXED STROKE