

SESSION DAY: TUESDAY

SESSION TYPE: ENDURANCE

GROUP: LANE 1

TOTAL DISTANCE: 2,100M

WARM UP

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

MAIN SET

500M - EASY F/C
- SPRINT FINAL 25M

2 X 200M F/C SLOW TO MODERATE PACE
- 45 SEC REST BETWEEN EACH

2 X 200M PADS & PULL BUOY
- 35 SEC REST BETWEEN EACH

4 X 50M - F/C INTERVALS
- 35 SEC REST BETWEEN EACH

COOL DOWN:

200M - EASY F/C OR MIXED STROKE

SESSION DAY: TUESDAY

SESSION TYPE: ENDURANCE

GROUP: LANE 2

TOTAL DISTANCE: 2,500M

WARM UP

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

MAIN SET

500M - EASY F/C
- SPRINT FINAL 25M

300M - EASY F/C
- 45 SEC REST
200M - MODERATE F/C
- 35 SEC REST
100M - MOD TO FAST BUILD F/C
- 2 MIN REST

2 X 200M PADS & PULL BUOY
- 35 SEC REST BETWEEN EACH

2 x 200M - F/C MODERATE PACE
- 35 SEC REST BETWEEN EACH

COOL DOWN:

200M - EASY F/C OR MIXED STROKE

SESSION DAY: TUESDAY

SESSION TYPE: ENDURANCE

GROUP: LANE 3

TOTAL DISTANCE: 2,800M

WARM UP

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

MAIN SET

500M - EASY F/C
- SPRINT FINAL 25M

400M - EASY F/C
- 45 SEC REST
300M - MODERATE F/C
- 35 SEC REST
200M - MOD TO FAST BUILD F/C
- 2 MIN REST

2 X 200M PADS & PULL BUOY
- 35 SEC REST BETWEEN EACH

2 x 200M - F/C MODERATE PACE
- 35 SEC REST BETWEEN EACH

COOL DOWN:

200M - EASY F/C OR MIXED STROKE