

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

5 X 100M LEGS ONLY
- ALTERNATE BETWEEN FRONT AND BACK
- 1 MIN REST BETWEEN EACH

5 X 100M - F/C EASY PACE
- 1 X ZIPPER
- 1 X CATCH UP
- 45 SEC REST BETWEEN EACH

2 X 200M - PADS / PULL
- ALTERNATE FROM PADS TO PULL EVERY 200M
- 45SEC REST BETWEEN EACH

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

COOL DOWN:

100M - EASY F/C OR MIXED STROKE

