

**SESSION TYPE:** TECHNIQUE  
**SESSION DAY:** SUNDAY  
**GROUP:** LANE 1 & 2  
**DISTANCE:** 2,100M

**WARM UP:**

200M - EASY F/C  
100M - F/C PADS  
100M - LEGS ONLY

**MAIN SET:**

4 X 100M DRILL SET

200M EASY SWIM

4 X 100M EASY SWIM

200M EASY SWI

4 X 100M EASY SWIM

**COOL DOWN:**

100M - EASY MIXED STROKE