

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 3

DISTANCE: 2,700

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

6 X 100M KICK ONLY INTERVALS (FINS)

- 25M KICK / 75M MOD PACE

300M - EASY PACE

- PULL BUOY OPTIONAL

5 X 100M - 25M/75M

- HARD/EASY INTERVALS

300M - EASY PACE

- PULL BUOY OPTIONAL

5 X 100M - 50/50 INTERVALS

- EASY HARD X3
- HARD EASY X2

COOL DOWN:

100M - F/C EASY

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 2

DISTANCE: 2,400

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

4 X 100M KICK ONLY INTERVALS (FINS)

- 25M KICK / 75M MOD PACE

300M - EASY PACE

- PULL BUOY OPTIONAL

5 X 100M - 25M/75M

- HARD/EASY INTERVALS

300M - EASY PACE

- PULL BUOY OPTIONAL

4 X 100M - 50/50 INTERVALS

- EASY HARD X3
- HARD EASY X2

COOL DOWN:

100M - F/C EASY

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 1

DISTANCE: 2,000

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

5 X 100M KICK ONLY INTERVALS (FINS)

- 25M KICK / 75M MOD PACE

200M - EASY PACE

- PULL BUOY OPTIONAL

3 X 100M - 25M/75M

- HARD/EASY INTERVALS

200M - EASY PACE

- PULL BUOY OPTIONAL

3 X 100M - 50/50 INTERVALS

- EASY HARD X3
- HARD EASY X2

COOL DOWN:

100M - F/C EASY

