

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 3

DISTANCE: 3,000

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

2 X 400M F/C

- QUICK PACE FOR 25M @200M & 375M

3 X 300M F/C EASY

- PULL BUOY
- EASY
- PADS

2 X 400M F/C DROP SET

- QUICK PACE TO EASY PACE

COOL DOWN:

100M - F/C EASY

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 2

DISTANCE: 2,700

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

2 X 400M F/C

- QUICK PACE FOR 25M @200M & 375M

2 X 300M F/C EASY

- PULL BUOY
- PADS

2 X 400M F/C DROP SET

- QUICK PACE TO EASY PACE

COOL DOWN:

100M - F/C EASY

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 3

DISTANCE: 2,200M

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

2 X 400M F/C

- EASY PACE

3 X 200M F/C EASY

- PULL / EASY / PADS

3 x 100M - F/C WITH FINS

- SPEED SET @ 20 SEC REST

COOL DOWN:

100M - F/C EASY