

SESSION TYPE: POWER & SPEED

SESSION DAY: THURSDAY

GROUP: LANE 3

DISTANCE: 2,700M

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

6 X 100M - F/C KICK ONLY INTERVALS (FINS)

- 25M KICK ONLY INTO 25M FULL STROKE
- 30 SEC REST BETWEEN EACH 100M

2 X 200M - F/C D.P.S

- 30 SEC REST BETWEEN EACH

6 X 100M - F/C (75/25) INTERVALS

- 30 SEC REST BETWEEN EACH

6 x 100M - F/C (25/25) INTERVALS

- 30 SEC REST BETWEEN EACH

COOL DOWN:

100M - EASY MIXED STROKE

SESSION TYPE: POWER & SPEED

SESSION DAY: THURSDAY

GROUP: LANE 2

DISTANCE: 2,500M

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

6 X 100M - F/C KICK ONLY INTERVALS (FINS)

- 25M KICK ONLY INTO 25M FULL STROKE
- 30 SEC REST BETWEEN EACH 100M

2 X 200M - F/C D.P.S

- 30 SEC REST BETWEEN EACH

5 X 100M - F/C (75/25) INTERVALS

- 30 SEC REST BETWEEN EACH

5 X 100M - F/C (25/25) INTERVALS

- 30 SEC REST BETWEEN EACH

COOL DOWN:

100M - EASY MIXED STROKE

SESSION TYPE: POWER & SPEED

SESSION DAY: THURSDAY

GROUP: LANE 1

DISTANCE: 2,100M

WARM UP:

200M - EASY F/C

100M - F/C PADS

100M - F/C FINS

MAIN SET:

5 X 100M - F/C KICK ONLY INTERVALS (FINS)

- 25M KICK ONLY INTO 25M FULL STROKE
- 45 SEC REST BETWEEN EACH 100M

5 X 100M - F/C DRILL SET (PULL / ZIPPER)

- 45 SEC BETWEEN EACH

3 X 200M - F/C D.P.S

- 45 SEC REST BETWEEN EACH

COOL DOWN:

100M - EASY MIXED STROKE