

**SESSION TYPE:** POWER & SPEED  
**SESSION DAY:** THURSDAY  
**GROUP:** LANE 3  
**DISTANCE:** 2, 800M

**WARM UP:**

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

**MAIN SET:**

5 X 100M - F/C WITH FINS  
- 50/50 SPEED SET  
- 35 SEC REST BETWEEN EACH

300M - F/C EASY PACE ( RECOVERY )

5 X 100M - F/C X3 WITH FINS  
- 50/50 SPEED SETS  
- FIRST 2 WITH FINS

300M - F/C EASY PACE ( RECOVERY )

5 X 100M - F/C NO FINS  
- 50/50 SPEED SET  
- 35SEC REST BETWEEN EACH

**COOL DOWN:**

200M - 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 - LEGS ONLY

**MAIN SET:**

5 X 100M - F/C WITH FINS  
- 50/50 SPEED SET  
- 35 SEC REST BETWEEN EACH

300M - F/C EASY PACE ( RECOVERY )

4 X 100M - F/C X3 WITH FINS  
- 50/50 SPEED SETS  
- FIRST 2 WITH FINS

300M - F/C EASY PACE ( RECOVERY )

4 X 100M - F/C NO FINS  
- 50/50 SPEED SET  
- 35SEC REST BETWEEN EACH

**COOL DOWN:**

200M - EASY MIXED STROKE

**SESSION TYPE:** POWER & SPEED  
**SESSION DAY:** THURSDAY  
**GROUP:** LANE 1  
**DISTANCE:** 2,000M

**WARM UP:**

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

**MAIN SET:**

5 X 100M - F/C WITH FINNS  
- 50/50 SPEED SET  
- 45 SEC REST BETWEEN EACH

100M - EASY F/C RECOVERY

5 X 100M - F/C DRILL SET  
- 50/50 DRILL SETS  
- EASY & KICK ONLY

3 X 100M - F/C FAST PACE SETS  
- 50/50 SETS  
- 1 MIN REST BETWEEN EACH

**COOL DOWN:**

200M - EASY MIXED STROKE