

SESSION DAY: TUESDAY

SESSION TYPE: ENDURANCE

GROUP: LANE #3

TOTAL DISTANCE: 2,800M

WARM UP

200M - EASY F/C
100M - F/C PADS
100M - FAST LEGS (FINS)

MAIN SET

4 X 50M - LEGS ONLY (FINS) 30SEC REST BETWEEN EACH

200M - F/C MODERATE PACE

5 X 200M - PADS / PULL

- ALTERNATE FROM PADS TO PULL EVERY 200M
- SINGLE ARM ON 5TH 200M
- 45SEC REST BETWEEN EACH

200M - F/C MODERATE PACE

6 X 100M - F/C INTERVALS OF EASY PACE TO FAST PACE

- 45SEC REST BETWEEN EACH 100M

COOL DOWN:

200M - EASY F/C OR MIXED STROKE

SESSION DAY: THURSDAY
SESSION TYPE: POWER & SPEED
GROUP: LANE #2
TOTAL DISTANCE: 2,500M

WARM UP

200M - EASY F/C
100M - F/C PADS
100M - FAST LEGS (FINS)

MAIN SET

4 X 50M - LEGS ONLY (FINS) 30SEC REST BETWEEN EACH

200M - F/C MODERATE PACE

4 X 200M - PADS / PULL
- ALTERNATE FROM PADS TO PULL EVERY 200M
- SINGLE ARM ON 4TH 200M
- 45SEC REST BETWEEN EACH

200M - F/C MODERATE PACE

5 X 100M - F/C INTERVALS OF EASY PACE TO FAST PACE
- 45SEC REST BETWEEN EACH 100M

COOL DOWN:

200M - EASY F/C OR MIXED STROKE

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

WARM UP

200M - EASY F/C
100M - F/C PADS
100M - FAST LEGS (FINS)

MAIN SET

4 X 50M - LEGS ONLY (FINS) 30SEC REST BETWEEN EACH

2 x 100M - F/C MODERATE PACE

6 X 100M - PADS / PULL
- ALTERNATE FROM PADS TO PULL EVERY 100M
- SINGLE ARM ON 3RD & 6TH 100M
- 45SEC REST BETWEEN EACH

2 x 100M - F/C MODERATE PACE

4 X 50M - F/C INTERVALS OF EASY PACE TO FAST PACE
- 45SEC REST BETWEEN EACH 50M

COOL DOWN:

200M - EASY F/C OR MIXED STROKE

