

SESSION TYPE: ENDURANCE
SESSION DAY: TUESDAY
GROUP: LANE 3
DISTANCE: 3,000M

WARM UP:

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

MAIN SET:

DROP SET: 35 SEC BREAK BETWEEN EACH

- 300M - EASY PACE
- 200M - MOD PACE
- 100M - QUICK PACE

200M - F/C EASY PACE (RECOVERY)

PYRAMID BUILD SET: 35 SEC BREAK BETWEEN EACH

- 100M - F/C EASY PACE
- 200M - F/C MODERATE PACE
- 300M - F/C BUILD FROM EASY TO FAST

200M - F/C EASY PACE (RECOVERY)

2 X 400M - F/C EASY PACE

- 45 SEC REST BETWEEN EACH
- SPRINT FINAL 25M

COOL DOWN:

200M - EASY MIXED STROKE

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 2

DISTANCE: 2,700M

WARM UP:

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

MAIN SET:

DROP SET: 35 SEC BREAK BETWEEN EACH

- 300M - EASY PACE
- 200M - MOD PACE
- 100M - QUICK PACE

200M - F/C EASY PACE (RECOVERY)

PYRAMID BUILD SET: 35 SEC BREAK BETWEEN EACH

- 100M - F/C EASY PACE
- 200M - F/C MODERATE PACE
- 300M - F/C BUILD FROM EASY TO FAST

200M - F/C EASY PACE (RECOVERY)

2 X 300M - F/C EASY PACE

- 45 SEC REST BETWEEN EACH
- SPRINT FINAL 25M

COOL DOWN:

100M - EASY MIXED STROKE

SESSION TYPE: ENDURANCE

SESSION DAY: TUESDAY

GROUP: LANE 1

DISTANCE: 2,200M

WARM UP:

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

MAIN SET:

DROP SET: 45 SEC BREAK BETWEEN EACH

- 300M - EASY PACE
- 200M - MOD PACE
- 100M - QUICK PACE

DRILL SET

4 X 100M - F/C EASY PACE

- X2 ZIPPER
- X2 PULL BUOY

DRILL SET

4 X 100M - F/C EASY PACE

- X2 PADS
- X2 FISTS

BUILD SET: 30 SEC BREAK BETWEEN EACH

- 100M EASY F/C
- 100M MOD F/C
- 100M FAST F/C

COOL DOWN:

100M - EASY MIXED STROKE