

SESSION DAY: TUESDAY

SESSION TYPE: ENDURANCE

GROUP: LANE #3

TOTAL DISTANCE: 3,000M

WARM UP

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

MAIN SET

500M - F/C EASY PACE
- SPRINT FINAL 25M

2 X 400M - F/C MOD BUILD
- 200M @ EASY PACE
- 200M @ MODERATE PACE
- 45 SEC REST BETWEEN EACH

3 X 200M - PADS / PULL
- ALTERNATE FROM PADS TO PULL EVERY 200M
- 45SEC REST BETWEEN EACH

5 X 100M - F/C INTERVALS

COOL DOWN:

200M - EASY F/C OR MIXED STROKE

SESSION DAY: TUESDAY

SESSION TYPE: ENDURANCE

GROUP: LANE #2

TOTAL DISTANCE: 2,700M

WARM UP

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

MAIN SET

500M - F/C EASY PACE
- SPRINT FINAL 25M

2 X 400M - F/C MOD BUILD
- 200M @ EASY PACE
- 200M @ MODERATE PACE
- 45 SEC REST BETWEEN EACH

2 X 200M - PADS / PULL
- ALTERNATE FROM PADS TO PULL EVERY 200M
- 45SEC REST BETWEEN EACH

4 X 100M - F/C INTERVALS

COOL DOWN:

200M - EASY F/C OR MIXED STROKE

SESSION DAY: TUESDAY

SESSION TYPE: ENDURANCE

GROUP: LANE #1

TOTAL DISTANCE: 2, 200M

WARM UP

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

MAIN SET

500M - F/C EASY PACE
- SPRINT FINAL 25M

4 X 200M - F/C MOD BUILD
- 100M @ EASY PACE
- 100M @ MOD PACE

2 X 100M - PADS / PULL
- ALTERNATE FROM PADS TO PULL EVERY 100M
- 45SEC REST BETWEEN EACH

2 X 50M - F/C INTERVALS

COOL DOWN:

200M - EASY F/C OR MIXED STROKE