

Tuesday 3/1/17	Kit: Kickboard, pull buoy & fins
Technical Adaptation	Session Focus: Head + Body Position
Warm Up	150 as 50 free/back/free 4 x 50 kick 4 x 75 pull 150 as 50 free/back/free
Main Set	Fins: 6 x 50 45° Kick (10 sec) 4 x 75 slow motion F2W CU (15 sec) 3 x 100 Free – Rotate body / Fixed head (20 sec) No fins: 6 x 50 45° Kick – 616 (10 sec) 4 x 75 slow motion F2W CU (15 sec) 3 x 100 Free – rotate body / Fixed head (20 sec)

Wednesday 4/1/17	Kit: Fins, pull buoy & kickboard
Technical Adaptation	Session Focus: Catch, Pull & Recovery
Warm Up	25 Back / 25 Free 50 Back / 50 Free 75 Back / 75 Free
Main Set	Fins: 4 x 75 Slow Motion F2W CU (10 sec) 4 x 75 close timing (10 sec) No Fins: 200 pull – Focus D.P.S. (20 sec) 4 x 50 breathing 3/5/7/7 (15 sec) 150 pull – Focus D.P.S. (20 sec) 4 x 50 breathing 5/5/7/7 (15 sec) 100 pull – Focus D.P.S. (20 sec) 50 EZ back

Friday 6/1/17		Kit: Fins & kickboard			
Technical Adaptation	Session Focus: Catch & Pull				
Warm Up	500 S.K.I.P.S.				
Sub Set	Fins: 8 x 75 odds - Slow Motion F2W CU (10 sec) evens – Perfect Free				
Main Set	150 Strong Kick (20 sec) 5 x 100 @ S/R times:				
	Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6	
	2:15	2:00	1:50	1:40	

Sunday 8/1/17		Kit: Fins, Kickboard, Pull Buoy & Paddles			
Technical Adaptation	Session Focus: Power Development				
Warm Up	5 min Alt 50 Free / 50 Back 10 min Kick – Sprint on / off @ whistle				
Sub Set	FINS: All with 10 sec recovery 1 x 50 F2W CU 1 x 50 Close Timing				
5x Main Set	300 DPS – even pacing 4 x 100 Pull – Build 1-4 (30 sec) 200 DPS – even pacing 4 x 100 Paddles - Build 1-4 (30 sec) 50 EZ Free 100 MAX 100 Back				

