

Tuesday 14/3/17		Kit: pull buoy & Paddles
General Preparation	Session Focus: Quality swimming under pressure	
Warm Up	150 as 50 Fr/Bk/Fr 8 x 75 4) Pull 4) Paddles (15 sec) 50 Bk	
Main Set	Repeat 200s (30 sec) Fastest Avg	

Wednesday 15/3/17		Kit: Paddles
General Preparation	Session Focus: Power development	
Warm Up	500 S.K.I.P.S.	
Main Set	6 X 75 as 25 F2W CU/50 perfect tech (15 sec) 4 x 150 – Paddles Fastest Avg with DPS (20 sec) 300 @ race pace	

Friday 16/3/17		Kit: kickboard & paddles
General Preparation	Session Focus: Power Development	
Warm-up	200 alt 50s FR/BK 2 x 100 Kick (20 sec) 100 alt 50s FR/BK	
Main Set	6 x 25 – Scull @ 5m / sprint 20m (15 sec) 6 x 75 Paddles - 25MAX/25ez/25MAX (20 sec) 50 ez Back 200 MAX 50 ez Back	

Sunday 18/317	Kit: Paddles & pull buoy
General Preparation	Session Focus: Power Development
Warm Up	10 mins choice warm-up
Main Set	1 x 400 – Race Pace (30 sec) 2 x 300 Pull – DPS (20 sec) 3 x 200 Paddles @ 70%/80%/MAX (30 sec) 4 x 100 with 5 get-outs @ 25 + 75 (20 sec)