

Tuesday 21/3/17		Kit: N/A	
General Preparation	Session Focus: Pacing		
Warm Up	200 alt 50's Fr/Bk 4 x 50 Choice Drill (15 sec) 4 x 50 perfect technique		
Main Set	3 x 200 – consistent pace (30 sec) 6 x 100 – half 200-3 secs (20 sec) 50 ez back 150 Max effort		

Wednesday 22/3/17		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 24/3/17		Kit: Kickboard		
General Preparation	Session Focus: EN-1			
Warm-up	200 alt 50s FR/BK 2 x 100 Kick (20 sec) 100 alt 50s FR/BK			
Main Set	100 repeats @ S/R times:			
	Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6
	2:15	2:00	1:50	1:45

Sunday 26/317	Kit: Paddles, kickboard & pull buoy
General Preparation	Session Focus: Power Development
Warm Up	<p style="text-align: center;">200 Alt 50s Fr/Bk 2 x 100 kick (20 sec) 2 x 100 pull (20 sec) 200 Alt 50s Fr/Bk</p>
Main Set	<p style="text-align: center;">6 x 50 – choice drill (15 sec) 4 x 150 paddles - build 1-4 (20 sec) 400 – RACE PACE 50 ez back</p>