

Tuesday 2/5/17		Kit: Kickboard, pull buoy	
<b>Overload</b>	<b>Session Focus: Pacing</b>		
Warm Up	500 S.K.I.P.S.		
Main Set	500 – 60% 400 – race pace 300 – Sub race pace 200 - MAX 100		

Wednesday 3/5/17		Kit: kickboard & pull buoy		
<b>Overload</b>	<b>Session Focus: EN-2</b>			
Warm Up	*Touch turns lanes 1-3* 500 S.K.I.P.S.			
Main Set	100 repeats @ S/R times:			
	Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6
	2:30	2:15	2:05	2:00
All swims faster than race pace				

Friday 5/5/17		Kit: Paddles, kickboard & pull buoy	
<b>Overload</b>	<b>Session Focus: Power Development</b>		
Warm-up	*Touch turns lanes 1-3* 200 alt 50s FR/BK 2 x 100 Kick (20 sec)		
Main Set	8 x 25 scull @ 5m – sprint 20m (20 sec) 2 x 100 MAX (1 min) 2 x 100 MAX – Paddles (1 min) 400 race pace 100 ez back		

Sunday 7/5/17	Kit: None
<b>Overload</b>	<b>Session Focus: Return to open water</b>
Warm Up	200 EZ FC (10s) 100 Build by 25 (10s) 4 x 25 Race Starts (5s after last in)
Main Set	100FC Breath Right (10s) 100FC Breath Left (10s) 200FC Bilateral (10s) 400FC Sight On Clock (20s) 50 EZ BK (10s)