

Tuesday 9/5/17		Kit: None		
Overload	Session Focus: EN-2			
Warm Up	200 EZ FC (20s) 200 Build by 50 (20s)			
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 750 race pace (non wetsuit)				

Wednesday 10/5/17		Kit: Pull Buoy	
Overload	Session Focus: Open Water		
Warm Up	200 EZ FC (20s) 200 Build by 50 (20s)		
Sub Set	100FC Breath Right (10s) 100FC Breath Left (10s) 4x50 FC Drafting LIFO (20s)		
Main Set	500 – Steady 400 – Pull 300 – 750 Race Pace (non wetsuit) 200 - Pull 100 – Max 50 BK EZ		

Friday 12/5/17		Kit: Pull Buoy	
Overload	Session Focus: EN-3		
Warm-up	4x75 as FC, Back, FC, Back 4x50 build 1-4 4x25m pull? HARD		
Main Set	4 x 400 as (1st 100 hard, 300 steady) (100 steady, 100 hard, 200 steady) (200 steady, 100 hard, 100 steady) (300 steady, 100 hard) 100 easy back		

Sunday 14/5/17	Kit: Pull Buouy
Overload	Session Focus: EN-3
Warm Up	200 EZ FC (20s) 200 Build by 50 (20s)
Main Set	Continuous Swim: 5 mins (10s) 10 mins (15s) (Pull optional) 15 mins (20s) 10 mins (15s) (Pull optional) KEEP YOUR TECHNIQUE