

Tuesday 10/1/17		Kit: fins & paddles
<b>Technical Adaptation</b>	<b>Session Focus: Head + Body Position</b>	
Warm Up	100 free Fins: 8 x 25 – odds: 45 degree kick evens: 616 (10 sec) 100 free	
Main Set	4 x 25 F2W CU – fingertip entry (10 sec) 2 x 100 free – fingertip entry (20 sec) 2 x 100 finger paddles or finger strap <b>ONLY</b> (20 sec)	

Wednesday 11/1/17		Kit: Fins, pull buoy & kickboard
<b>Technical Adaptation</b>	<b>Session Focus: Entry &amp; Catch</b>	
Warm Up	500 S.K.I.P.S.	
Main Set	Fins: 4 x 75 Slow Motion F2W CU – fingertip entry (10 sec) 4 x 75 finger paddles or finger strap <b>ONLY</b> (10 sec)  No Fins: 6 x 100 – 1+4) Kick (20 sec) 2+5) Pull 3+6) Swim	

Friday 13/1/17	<b>Kit:</b> Fins, pull buoy, paddles & kickboard
<b>Technical Adaptation</b>	<b>Session Focus: Catch &amp; Pull</b>
Warm Up	400 alt 50s free/back
Sub Set	Fins: 6 x 75 odds - Slow Motion F2W CU fingertip entry (10 sec) evens – Perfect Free
Main Set	4 x 25 F2W CU – fingertip entry (10 sec) 2 x 100 free – fingertip entry (20 sec) 2 x 100 finger paddles or finger strap <b>ONLY</b> (20 sec)

Sunday 15/1/17	<b>Kit:</b> Fins, Kickboard, Pull Buoy & Paddles								
<b>Technical Adaptation</b>	<b>Session Focus: Power Development</b>								
Warm Up	500 S.K.I.P.S								
Sub Set	4 x 25 F2W CU – fingertip entry (10 sec) 2 x 100 free – fingertip entry (20 sec) 2 x 100 finger paddles or finger strap <b>ONLY</b> (20 sec)								
Main Set	15 x 100 @ S/R times: <table border="1" style="width: 100%; text-align: center;"> <tr> <td>Lane 1</td> <td>Lane 2 &amp; 3</td> <td>Lane 4 &amp; 5</td> <td>Lane 6</td> </tr> <tr> <td>2:15</td> <td>2:00</td> <td>1:50</td> <td>1:40</td> </tr> </table> <p style="text-align: center;"><b>*RECORD TIMES*</b></p>	Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6	2:15	2:00	1:50	1:40
Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6						
2:15	2:00	1:50	1:40						