

Tuesday 16/5/17		Kit: Kickboard, pull buoy	
<b>Overload</b>	<b>Session Focus: Pacing</b>		
Warm Up	500 S.K.I.P.S.		
Main Set	4 X 100 Paddles – build 1-4 (20 sec) 300 Race pace (30 sec) 4 x 100 Paddles + pull – build 1-4 (20 sec) 300 Below race pace 4 x 100 Paddles + fins – build 1-4 (20 sec) 300 MAX		

Wednesday 17/5/17		Kit: kickboard & pull buoy	
<b>Overload</b>	<b>Session Focus: EN-2</b>		
Warm Up	300 alt 50 Fr/Bk		
Main Set	4 x 75 as 25 fist/paws/full stroke (20 sec) 4 x 100 swim – DPS (20 sec) 4 x 200 – build by 50 (30 sec)		

Friday 19/5/17		Kit: Paddles, kickboard & pull buoy									
<b>Overload</b>	<b>Session Focus: Power Development</b>										
Warm-up	200 alt 50s FR/BK 2 x 100 Kick (20 sec)										
Main Set	100 repeats @ S/R times: <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>Lane 1</td> <td>Lane 2 &amp; 3</td> <td>Lane 4 &amp; 5</td> <td>Lane 6</td> </tr> <tr> <td>2:30</td> <td>2:15</td> <td>2:05</td> <td>2:00</td> </tr> </table>			Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6	2:30	2:15	2:05	2:00
Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6								
2:30	2:15	2:05	2:00								
All swims faster than race pace											

Sunday 21/5/17		Kit: None
<b>Overload</b>	<b>Session Focus: Return to open water</b>	
Warm Up	200 FC EZ (20s) 200 FC Build by 50 (20s)	
Sub Set	100 Breath Right (10s) 100 Breath Left (10s) 200 "No Walls" (20s)	
Main Set	20 mins straight swim @1500m pace (20s) **KEEP YOUR TECHNIQUE** 5 mins BK EZ (20s)	