

Tuesday 23/5/17		Kit: Fins		
<b>Overload</b>	<b>Session Focus: EN-2</b>			
Warm Up	100 Back 8 x 50 as 25 drill / 25 swim - FINS (15 sec)			
Main Set	200 repeats @ S/R times:			
	Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6
	4:45	4:25	4:10	3:50
All swims faster than race pace				

Wednesday 24/5/17		Kit: N/A	
<b>Overload</b>	<b>Session Focus: EN-3</b>		
Warm Up	300 alt 50 Fr/Bk		
Main Set	150 as 50 RP / MAX / EZ (20 sec) 2 x 100 MAX (1min) 150 Race pace 50 EZ		

Friday 26/5/17		Kit: Paddles, kickboard & pull buoy	
<b>Overload</b>	<b>Session Focus: EN-3</b>		
Warm-up	400 alt 50s FR/BK		
Main Set	300 Swim – Race Pace (30 sec) 2 x 200 pull – Sub race pace (30 sec) 4 x 100 Paddles + fins – PB or FASTER (40 sec)		

Sunday 28/5/17		Kit:	
<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	200 "No Walls" (20s) 8x25 Drafting (On my "Go")		
Main Set	10 mins Continuous Swim (30s) 8 mins Continuous Swim (30s) 6mins, 4 mins, 2mins (each 30s) ***Maintain Technique*** (PB Optional)		