

Tuesday 6/6/17		Kit: Kickboard, pull buoy, paddles & fins
Overload	Session Focus: EN-2	
Warm Up	500 S.K.I.P.S.	
Main Set	4 × 400 (45 sec) 4 × 200 (30 sec) 4 × 100 (20 sec) as: 1) Pull - DPS 2) Race Pace 3) Paddles – Sub RP 4) Paddles + Fins - MAX	

Wednesday 7/6/17		Kit: Fins
Overload	Session Focus: EN-2	
Warm Up	300 alt 50 Fr/Bk	
Main Set	200 Race Pace (20 sec) 3 × 150 build 1-3 (20 sec) 300 tech + fins 50 ez back	

Friday 9/6/17		Kit: N/A
Overload	Session Focus: EN-3	
Warm-up	400 alt 50s FR/BK	
Main Set	150 as 50 RP / MAX / EZ (20 sec) 2 × 150 MAX (1min) 150 Race pace 50 EZ	

Sunday 11/6/17		Kit: Pull Buoy, Paddles
Overload	Session Focus: Long Distance	
Warm Up	200 FC EZ (20s) 200 FC Build (20s)	
Main Set	{400 FC (30s) 4x100 FC (20s)} x4 1 st 400 FC, 2 nd PB, 3 rd P&P, 4 th FC 100s are all no kit. All at non-wetsuit 1500m race pace.	

