

Tuesday 24/1/17		Kit: Fins
<b>Technical Adaptation</b>	<b>Session Focus: DPS and Cadence</b>	
Warm Up	200 Easy (10 sec) 200 Build (10 sec)	
Sub Set	Fins: 4 x 75 616 (15 sec) 4 x 75 F2W Catch Up (15 sec)	
Main Set	400 (20 sec) 100 Increase DPS (15 sec) 100 Increase Cadence (15 sec) 100 Increase DPS & Cadence (15 sec) 100 Easy (15 sec) {All @ 1500m pace}	

Wednesday 25/1/17		Kit: Fins
<b>Technical Adaptation</b>	<b>Session Focus: DPS and Cadence</b>	
Warm Up	200 Easy (10 sec) 200 Build (10 sec)	
Sub Set	Fins: 4 x 75 636 (15 sec) 4 x 75 F2W Catch Up (15 sec)	
Main Set	200 (15 sec) 50 Increase DPS (10 sec) 50 Increase Cadence (10 sec) 50 Increase DPS & Cadence (10 sec) 50 Easy (10 sec) {All @ 800m pace}	