

Tuesday 18/10/16		Kit required: kickboard			
In season maintenance	Weekly Focus: En-I Basic Endurance				
Warm Up 2x	100 back 50 kick 50 choice drill 50 Free – perfect technique				
Sub set	5 x 100 @ S/R times:				
	Lane	1	2 & 3	4 & 5	6
	Time	2:15	2:00	1:50	1:40
	<b>*Target PB + 8 sec*</b>				
Main set	<b>Build Speed by 100/50/25</b> 300 (30 sec) 200 (20 sec) 100 @ (10 sec) 100 ez back				

Wednesday 19/10/16		Kit required: Kickboard & fins		
In season maintenance	Weekly Focus: En-I Basic Endurance			
Warm Up	100 free / 100 back / 50 free / 50 back / 25 free / 25 back			
Main set	<b>The focus upon TECHNIQUE should never stop!</b> <b>Stroke count and monitor times</b>  4 x 100 kick FINS (20 sec) 2 x 100 kick NO FINS (20 sec)  4 x 100 swim FINS (10 sec) 2 x 100 swim NO FINS (15 sec)  Repeat on 50s and then 25s if time allows			
Swim Down	200 ez			

Friday 21/10/16	Kit required: hand paddles & snorkels (if owned)										
In season maintenance	Weekly Focus: En-I Basic Endurance										
Warm Up	100 free/ 100 back										
Sub set	5 x 100 @ S/R times: <table border="1"> <tr> <td>Lane</td> <td>1</td> <td>2 &amp; 3</td> <td>4 &amp; 5</td> <td>6</td> </tr> <tr> <td>Time</td> <td>2:15</td> <td>2:00</td> <td>1:50</td> <td>1:40</td> </tr> </table> <p><b>*Target PB + 8 sec*</b></p>	Lane	1	2 & 3	4 & 5	6	Time	2:15	2:00	1:50	1:40
Lane	1	2 & 3	4 & 5	6							
Time	2:15	2:00	1:50	1:40							
Main set	<b>*Snorkels for all*</b> 150 fists 150 paws (20 sec) 150 swim 150 paddles										
Swim Down	200 ez										

Sunday 23/10/16	Kit required: Pull buoy, kickboard & fins										
In season maintenance	Weekly Focus: En-I Basic Endurance										
Warm Up	100 back / 150 kick / 200 drill / 250 pull										
Sub set	10 x 100 @ S/R times: <table border="1"> <tr> <td>Lane</td> <td>1</td> <td>2 &amp; 3</td> <td>4 &amp; 5</td> <td>6</td> </tr> <tr> <td>Time</td> <td>2:15</td> <td>2:00</td> <td>1:50</td> <td>1:40</td> </tr> </table> <p><b>*Target PB + 8 sec*</b></p>	Lane	1	2 & 3	4 & 5	6	Time	2:15	2:00	1:50	1:40
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Main set	<b>The focus upon TECHNIQUE should never stop!</b> <b>Stroke count and monitor times</b>  3 x 150 pull – build by each 50 (30 sec) 3 x 150 kick (fins) – build by each 50 (30 sec) 3 x 150 swim maintaining S/R 100 pace (30 sec) 3 x 100 @ S/R pace -3 sec (30 sec)										
Swim Down	200 ez										