

Tuesday 25/10/2016		<b>Kit:</b> Fins & Kickboard
<b>Off Season</b>	<b>Weekly Focus: Technical</b>	
Warm Up	500 S.K.I.P.S.	
Sub Set  <b>2x</b>	<b>FINS:</b> All with 10 sec recovery 8 x 25 45° Kick 8 x 50 Free – Rotate body / Fixed head	
Main Set	3 x 100 kick – build per 100 (20 sec) 3 x 150 swim – Maintain times + Stroke counts – focus body position (30 sec) 100 EZ back	

Wednesday 26/10/2016		<b>Kit:</b> Fins, pull buoy & kickboard
<b>Off Season</b>	<b>Weekly Focus: Technical</b>	
Warm Up	25 Back / 25 Free 50 Back / 50 Free 75 Back / 75 Free	
Sub Set	<b>FINS:</b> All with 10 sec recovery 4 x 50 45° Kick 4 x 50 45° Kick – Arm Over Barrel	
Main Set	200 pull – Focus D.P.S. (20 sec) 4 x 50 breathing 3/5/7/7 (15 sec) 150 pull – Focus D.P.S. (20 sec) 4 x 50 breathing 5/5/7/7 (15 sec) 100 pull – Focus D.P.S. (20 sec) 50 EZ back	

Friday 28/10/2016		Kit: Fins, pull buoy & kickboard			
Off Season	Weekly Focus: Technical				
Warm Up	75 free/ 75 back/ 75 pull/ 75 kick				
Sub Set  2x	<i>Fins: All with 10 sec recovery</i> 6 x 25 belly button pull 4 x 50 F2W CU 4 x 50 Close Timing				
Main Set	150 Strong Kick (20 sec)				
	5 x 100 @ S/R times:				
	Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6	
2:15	2:00	1:55	1:45		

Sunday 30/10/2016		Kit: Kickboard & fins			
Off Season	Weekly Focus: Technical				
Warm Up	10 min Alt 50 Free / 50 Back				
Sub Set  5x	<i>FINS: All with 10 sec recovery</i> 1 x 50 45° Kick 1 x 50 45° Kick – Arm Over Barrel 1 x 50 F2W CU 1 x 50 Close Timing				
Main Set	<b>Timed 800 – Record times</b> <b>FOCUS: DPS / BREATHING / SKILLS /</b> <b>TECHNIQUE</b>				
	200 EZ free / back  400 @ time + 12 sec 100 EZ 200 @ time + 5 sec 100 EZ 100 @ time + 2 sec 100 EZ				

