

Tuesday 1/11/2016		Kit: Fins, pull buoy & Kickboard	
Off Season	Weekly Focus: Technical		
Warm Up	500 S.K.I.P.S.		
Sub Set <b>2x</b>	<b>FINS:</b> All with 10 sec recovery 8 x 25 Front scull 8 x 25 45 degree kick 8 x 50 – 3 sec kick / 3 strokes 4 x 75 free - TECH		
Main Set	50 kick / 100 pull / 50 kick (no board) (20 sec) 4 x 100 Free – consistent times – rotation + catch (20 sec)		

Wednesday 2/11/2016		Kit: Fins & kickboard	
Off Season	Weekly Focus: Technical		
Warm Up	25 Back / 25 Free 50 Back / 50 Free 75 Back / 75 Free		
Sub Set <b>2x</b>	<b>FINS:</b> All with 10 sec recovery 4 x 50 45° Kick 4 x 50 45° Kick – Arm Over Barrel 4 x 75 free - TECH		
Main Set	150 Strong Kick (20 sec) 5 x 100 @ S/R times:		
	Lane 1	Lane 2 & 3	Lane 4 & 5
	2:15	2:00	1:55
			Lane 6
			1:45

Friday 4/11/2016		Kit: Fins, pull buoy & kickboard
Off Season	Weekly Focus: Technical	
Warm Up	500 S.K.I.P.S.	
Sub Set	<i>Fins: All with 10 sec recovery</i> 8 x 25 Front scull 8 x 25 45 degree kick 8 x 50 – 3 sec kick / 3 strokes 4 x 75 F2W CU 300 swim - TECH	

Sunday 6/11/2016		Kit: Kickboard, pull buoy & fins
Off Season	Weekly Focus: Technical	
Warm Up	2 (500 S.K.I.P.S.)	
Sub Set	<i>FINS: All with 10 sec recovery</i> 1 x 50 45° Kick 1 x 50 Rear Scull 1 x 50 F2W CU 1 x 50 Close Timing	
5x		
Main Set	4 x 75 as breath 3/5/7/9 (15 sec) 4 x 100 kick – build per 100 300 swim - TECH	