

Tuesday 8/11/2016		Kit: Fins, paddles & Kickboard
Off Season	Weekly Focus: Technical	
Warm Up	200 free 8 x 25 choice drill 4 x 75 kick 200 free	
Main Set	<b>FINS:</b> <i>All with 10 sec recovery</i> 8 x 25 – 45 degree kick 4 x 50 F2W CU 4 x 50 Close Timing 4 x 100 with paddles – build 1-4	

Wednesday 9/11/2016		Kit: Fins & kickboard
Off Season	Weekly Focus: Technical	
Warm Up	200 as alt 50 Back / 50 Free 200 kick 200 free	
Main Set	<b>FINS:</b> <i>All with 10 sec recovery</i> 4 x 50 45° 3 Kicks / 3 Strokes 4 x 75 swim – implement above drill 4 x 50 F2W CU 4 x 75 swim – implement above 2 drills 6 x 25 SPRINT Kick – streamlined position 4 x 75 – implement above drills + kick	

Friday 11/11/2016		Kit: Fins, pull buoy & kickboard
Off Season	Weekly Focus: Technical	
Warm Up	500 S.K.I.P.S.	
Sub Set	<p><b>Fins:</b> All with 10 sec recovery  2 x 75 45° 3 Kicks / 3 Strokes  2 x 75 F2W CU</p> <p><b>Without Fins:</b>  2 x 75 45° 3 Kicks / 3 Strokes  2 x 75 F2W CU</p>	
Main Set	200 Pull – DPS (20 sec) 300 Swim – Close Timing + rotation 100 ez back	

Sunday 13/11/2016		Kit: Kickboard, pull buoy, paddles & fins
Off Season	Weekly Focus: Technical	
Warm Up	500 S.K.I.P.S.	
Sub Set  <b>2x</b>	<p><b>Fins:</b> All with 10 sec recovery  2 x 75 45° 3 Kicks / 3 Strokes  2 x 75 F2W CU</p> <p><b>Without Fins:</b>  2 x 75 45° 3 Kicks / 3 Strokes  2 x 75 F2W CU</p> 200 Swim – Perfect Tech	
Main Set	8 x 50 4) Left paddle only / 4) Right paddle only (10 sec) 4 x 150 fins + paddles – Build by 50 (20 sec) 100 ez back	

