

Tuesday 29/11/2016		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	FINS: All with 10 sec recovery 8 x 25 – 45 degree kick 4 x 50 Close Timing 4 x 150 with paddles – build 1-4 300 – Target Race Pace	

Wednesday 30/11/2016		Kit: Fins & kickboard
Off Season	Weekly Focus: Technical	
Warm Up	10 mins Choice Warm-up	
Sub Set	10 x 100 S/R 2 mins On my whistle	
Main Set	FINS: All with 10 sec recovery 4 x 50 45° 3 Kicks / 3 Strokes 4 x 75 swim – implement above drill 6 x 25 SPRINT Kick – streamlined position 4 x 75 – implement above drills + kick	

Friday 2/12/2016		Kit: Fins, pull buoy & kickboard
Off Season	Weekly Focus: Technical	
Warm Up	500 S.K.I.P.S.	
Sub Set	<p>Fins: All with 10 sec recovery 2 x 75 45° 3 Kicks / 3 Strokes 2 x 75 F2W CU</p> <p>Without Fins: 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 4/12/2016		Kit:paddles & fins
Off Season	Weekly Focus: Technical	
Warm Up	15 mins choice warm-up	
Sub Set	800 time trial	
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	