

Tuesday 6/12/2016		Kit: Fins, paddles, Kickboard & Pull buoy
Off Season	Weekly Focus: Technical	
Warm Up	500 S.K.I.P.S	
Sub Set	10 x 100 S/R 2 mins On my whistle 100 ez back	
Main Set	4 x 50 2) Left paddle only / 2) Right paddle only (10 sec) 200 paddles – MAX effort (20 sec) 300 EZ swim	

Wednesday 7/12/2016		Kit: Fins & kickboard
Off Season	Weekly Focus: Technical	
Warm Up	10 mins Choice Warm-up	
Sub Set	5 mins Kick – Sprint on 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 9/12/2016		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 11/12/2016		Kit: paddles & fins
Off Season	Weekly Focus: Technical	
Warm Up	15 mins choice warm-up	
Sub Set	15 x 100 S/R 2 mins On my whistle 100 ez back	
Main Set	3 x 100 kick (20 sec) 3 x 200 pull + paddles (20 sec) 300 swim	

