

Tuesday 31/1/17		Kit: Kickboard
Technical Adaptation	Session Focus: Pacing	
Warm Up	200 alt 50's Fr/Bk 4 x 50 Choice Drill (15 sec) 4 x 50 perfect technique	
Main Set	3 x 200 – consistent pace (30 sec) 6 x 100 – half 200-3 secs (20 sec) 50 ez back 150 Max effort	

Wednesday 1/2/17		Kit: Fins, kickboard & pull buoy
Technical Adaptation	Session Focus: Technique	
Warm Up	200 Alt 50s Fr/Bk 2 x 100 kick (20 sec) 2 x 100 pull (20 sec) 200 Alt 50s Fr/Bk	
Main Set	6 x 75 as 25 fingertip entry/ 50 perfect (10 sec) 6 x 50 – 616 (15 sec) 300 swim – STAY SWITCHED ON	

Friday 3/2/17	Kit: kickboard & paddles
Technical Adaptation	Session Focus: Weakness + QUALITY yards
Warm-up	200 free 4 x 75 kick (15 sec) 100 Back
Main Set	6 x 50 – choice drill (15 sec) 3 X 100 paddles - build 1-3 (20 sec) 2 x 200 – 150 RACE PACE / 50 ez (30 sec)

Sunday 5/2/17	Kit: Fins, Kickboard, Pull Buoy & Paddles								
Technical Adaptation	Session Focus: Body Position + QUALITY yards								
Warm Up	2(500 S.K.I.P.S)								
Sub Set	Fins: 4 x 75 616 (15 sec) 4 x 75 F2W CU (15 sec)								
2x									
Main Set	10 x 100 @ S/R times:								
	<table border="1"> <thead> <tr> <th>Lane 1</th> <th>Lane 2 & 3</th> <th>Lane 4 & 5</th> <th>Lane 6</th> </tr> </thead> <tbody> <tr> <td>2:15</td> <td>2:00</td> <td>1:50</td> <td>1:45</td> </tr> </tbody> </table>	Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6	2:15	2:00	1:50	1:45
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	Record Times 200 paddles + fins - MAX								