

Tuesday 13/12/16		Kit required: Fins, Pull Buoy
Off Season	Weekly Focus: Technique	
Warm Up	200 FC Easy (15s) 200 FC Build (15s)	
Sub Set	2x{100 Torpedo into Catch Up, 100 616 Drill} (10s)	
Main set	400 Pull Bilateral Steady (15s) DPS 400 Bilateral Steady (15s) DPS	

Wednesday 14/12/16		Kit required: Fins, Pull Buoy
Off Season	Weekly Focus: Technique	
Warm Up	200 FC Easy (15s) 200 FC Build (15s)	
Sub Set	2x{100 Broken Arrow Up, FC Down, 100 616 Drill} (15s)	
Main set	400 (Pull), 300, 200, 100. (15s) Bilateral, DPS.	

Friday 16/12/16		Kit required: Fins, Pull Buoy
Off Season	Weekly Focus: Technique	
Warm Up	200 FC Easy (15s) 200 FC Build (15s)	
Sub Set	2x{100 616 Up, FC Down, 100 636 Up, FC Down} (15s)	
Main set	4x100 Pull. 3/5/7/3 breathing 400 Bilateral DPS	

Sunday 18/12/16		Kit required: Fins, Pull Buoy
Off Season	Weekly Focus: Technique	
Warm Up	200 FC Easy (15s) 200 FC Build (15s)	
Sub Set	2x{100 Broken Arrow Up, FC Down, 100 616 Drill} (15s)	
Main set	4x100 Pull. 3/5/7/3 breathing 400 Pull Bilateral 400 Bilateral DPS	

