

Tuesday 7/2/17		Kit: Kickboard, pull buoy & paddles
Technical Adaptation	Session Focus: QUALITY mileage	
Warm Up	500 S.K.I.P.S.	
Main Set	6 x 50 – choice drill (15 sec) 4 x 100 paddles - build 1-4 (20 sec) 300 – RACE PACE 50 ez back	

Wednesday 8/2/17		Kit: Fins, kickboard & pull buoy
Technical Adaptation	Session Focus: QUALITY mileage	
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 choice drill / 50 perfect tech (10 sec) 5 x 100 @ Fastest Avg (20 sec)	

Friday 10/2/17	Kit: kickboard, pull buoy & paddles
Technical Adaptation	Session Focus: Weakness + QUALITY yards
Warm-up	200 free 4 x 75 kick (15 sec) 100 Back
Main Set	4 x 75 pull (15 sec) 4 x 100 paddles (20 sec) 2 x 200 – MAX effort (60 sec)

Sunday 12/2/17	Kit: Kickboard
Technical Adaptation	Session Focus: QUALITY mileage
Warm Up	200 Alt 50s Fr/Bk 1-4-1 kick (10 sec) 10 x 50 Choice Drill (15 sec) 150 Perfect Free
Main Set	3 x 200 – consistent pace (30 sec) 6 x 100 – half 200-3 secs (20 sec) 50 ez back 150 Max effort