

Tuesday 21/2/17		Kit: N/A
General Preparation	Session Focus: QUALITY mileage	
Warm Up	200 free 6 x 75 odds – Choice Drill evens – perfect free (15 sec)	
Main Set	4 x 25 scull @ 5m – sprint 20m (2 nd last swimmer in) 4 x 100 Build 1-4 (20 sec) 400 @ race pace 100 ez back	

Wednesday 22/2/17		Kit: kickboard, pull buoy & paddles
General Preparation	Session Focus: Power Development	
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	8 X 25 - 15m MAX (20 sec) 8 x 75 Paddles – DPS (20 sec) 300 Quality technique 100 ez back	

Friday 24/2/17		Kit: kickboard
General Preparation	Session Focus: Quality distance	
Warm-up	200 free 4 x 75 kick (15 sec) 100 Back	
Main Set	100 Repeats. Fastest Average. (30 sec)	

Sunday 26/2/17		Kit: Kickboard, pull buoy & paddles
General Preparation	Session Focus: Power Development	
Warm Up	500 S.K.I.P.S.	
Main Set	8 x 75 pull (15 sec) 6 x 100 paddles (20 sec) 2 x 200 – MAX effort (60 sec)	