

Tuesday 28/2/17		Kit: None
General Preparation	Session Focus:	
Warm Up	200 EZ (10 sec) 200 Steady (10 sec)	
Sub Set	{100 F2W CU (10 sec) 100 DPS (no glide) (10 sec)} x2	
Main Set	400 FC (20 sec) 4x100 FC (10 sec) Pace: Sprint/Olympic – 400s steady, 100s faster than RP 70.3/IM – All faster than RP Organise: 400s 70.3/IM @ front 100s Sprint/Olympic @ front	

Wednesday 1/3/17		Kit: kickboard & pull buoy
General Preparation	Session Focus: catch / race pace quality	
Warm Up	500 S.K.I.P.S.	
Main Set	6 X 75 as 25 F2W CU/50 perfect tech (15 sec) 4 x 100 – Faster than race pace (20 sec) 300 @ race pace	

Friday 3/3/17		Kit: kickboard & paddles
General Preparation	Session Focus: Power Development	
Warm-up	200 alt 50s FR/BK 2 x 100 Kick (20 sec) 100 alt 50s FR/BK	
Main Set	6 x 25 – Scull @ 5m / sprint 20m (15 sec) 6 x 75 Paddles - 25MAX/25ez/25MAX (20 sec) 50 ez Back 200 MAX 50 ez Back	

Sunday 5/317	Kit: Kickboard & pull buoy
General Preparation	Session Focus: Quality swimming under pressure
Warm Up	10 mins choice warm-up
Main Set	10 x 300: (40 sec) 1+2 – 50% 3+4 – 60% 5+6 – 70% 7+8 – 85% 9+10 – MAX