

Week 1 Lane 1--2 Sunday 4pm – 5.50pm

- 1 Warm up** Swim 300 as alt 50's Free & Back, rest 10
Pull(**no paddles**) 300 as alt 50's Free & not Free, rest 10
Kick 200 Choice rest 5, Drill 100 IM **900**
- 2 Swim** 7 x 100 Free on 2.20 as
2 @ PB + 15 secs
2 @ PB + 10 secs
2 @ PB + 5 secs
Last one Max effort
Swim 200 easy **1000**
- 3 Kick** 2 x 100 Form Stroke on 2.20
1 x 200 I.M. on 4.30
1 x 100 Choice on 2.15 alt 25's easy/**Max**
4 x 50 Main Stroke **Max** on 1.15
Swim 175 recovery **875**
- 4 Swim** 8 x 50 on 1.40 as 25 **Sprint**, 25 easy,
last one 50 easy
Alt 50's Free & Main Stroke **425**
- 5 Pull** 4 x 100 Free on 2.30
Breathe 3,5,7,9 by 25
4 x 50 Back on 1.35
6 x 25 Breast on 50
750
- 6 Swim** 5 x 50 on 1.15. FAT at shallow
2 Free, 2 Form Stroke, 1 Coaches choice **250**
- 7 Swim down** 5 x 100 with 10 as alt 50's Free & Back
@ 40 – 50 BBM **500**

4600m