

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 1

WARM UP

200m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

3 x 100m pull buoy and hand paddles 30 seconds rest
Try to roll into each stroke

2 x 200m 1 minutes rest
Keep them at the same pace

3 x 100m pull buoy 30 seconds rest
Try to roll into each stroke

1 x 400m
Keep them at the same pace

SWIM DOWN

200m **see if you do it in less strokes than in the warm up**

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 2

WARM UP

200m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

3 x 100m pull buoy and hand paddles 30 seconds rest
Try to roll into each stroke

3 x 200m swim 1 minutes rest
Keep them all at the same pace

3 x 100m pull buoy 30 seconds rest
Try to roll into each stroke

1 x 400m swim
Keep them all at the same pace

SWIM DOWN

200m **see if you do it in less strokes than in the warm up**

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 3

WARM UP

300m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

3 x 100m pull buoy and hand paddles 30 seconds rest
Try to roll into each stroke

3 x 200m swim 1 minutes rest
Keep them all at the same pace

3 x 100m pull buoy 30 seconds rest
Try to roll into each stroke

1 x 400m swim
Keep them all at the same pace

SWIM DOWN

200m **see if you do it in less strokes than in the warm up**

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 4

WARM UP

300m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

3 x 100m pull buoy and hand paddles 30 seconds rest
Try to roll into each stroke

3 x 200m 1 minutes rest
Keep them all at the same pace

3 x 100m pull buoy 30 seconds rest
Try to roll into each stroke

1 x 400m
Keep them all at the same pace

SWIM DOWN

300m **see if you do it in less strokes than in the warm up**

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 5

WARM UP

400m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

4 x 100m pull buoy and hand paddles 15 seconds rest
Try to roll into each stroke

4 x 200m swim 20 seconds rest
Keep them all at the same pace

4 x 100m pull buoy 15 seconds rest
Try to roll into each stroke

2 x 400 swim 20 seconds rest
Keep them all at the same pace

SWIM DOWN

400m **see if you do it in less strokes than in the warm up**

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 6

WARM UP

400m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

4 x 100m pull buoy and hand paddles 15 seconds rest
Try to roll into each stroke

4 x 200m swim 15 seconds rest
Keep them all at the same pace

4 x 100m pull buoy 15 seconds rest
Try to roll into each stroke

2 x 400 swim 15 seconds rest
Keep them all at the same pace

SWIM DOWN

400m **see if you do it in less strokes than in the warm up**