



# KENDAL TRI CLUB

**SET 8**

**BODY POSITION 2.**

**LANE 2**

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## **WARM UP**

200m relaxed any stroke

## **MAIN SET**

200m swim steady.

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

3 x 100m With pull buoy, 30 seconds rest

Try to hold your core tight

3 x 200m Swim 1 minutes rest

Start steady try to make each 200m faster

3 x 100m Swim with hand paddles 30 seconds rest

Stretch your hand forward for the catch at the front of the stroke. Again lean into the stroke

3 x 200m Swim 30 1 minute rest

Start steady try to make each 200m faster

Stretch your stroke to the catch (2" below the surface) as far in front of you as possible

## **SWIM DOWN**

200m any stroke

# KENDAL TRI CLUB

SET 8.                      BODY POSITION 2.                      LANE 3

## WARM UP

300m relaxed any stroke

## MAIN SET

300m swim steady.

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

3 x 100m With pull buoy, 30 seconds rest

Try to hold your core tight

3 x 200m Swim 1 minutes swim

Start steady try to make each 200m faster

3 x 100m Swim with hand paddles 30 seconds rest

Stretch your hand forward for the catch at the front of the stroke. Again lean into the stroke

3 x 200m Swim 1 minutes rest

Start steady try to make each 200m faster

Stretch your stroke to the catch (2" below the surface) as far in front of you as possible

## SWIM DOWN

300m any stroke

# KENDAL TRI CLUB

**SET 8**

**BODY POSITION 2**

**LANE 4**

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## **WARM UP**

300m relaxed any stroke

## **MAIN SET**

300m swim steady.

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

3 x 100m With pull buoy, **between ankles** 20 seconds rest  
**This will work on your core strength**

3 x 200m Swim

Start steady try to make each 200m faster

3 x 100m Swim with hand paddles 20 seconds rest

**Stretch your hand forward for the catch at the front of the stroke. Again lean into the stroke**

3 x 200m Swim 30 seconds rest

Start steady try to make each 200m faster

**Stretch your stroke to the catch (2" below the surface) as far in front of you as possible**

## **SWIM DOWN**

300m any stroke

# KENDAL TRI CLUB

**SET 8**

**BODY POSITION 2.**

**LANE 5**

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## WARM UP

400m relaxed any stroke

## MAIN SET

400m swim steady.

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

4 x 100m With pull buoy, **between ankles** 15 seconds rest  
**This will work on your core strength**

4 x 200m Swim 15 seconds rest  
Start steady try to make each 200m faster

4 x 100m Swim with hand paddles 15 seconds rest  
**Stretch your hand forward for the catch at the front of the stroke. Again lean into the stroke**

4 x 200m Swim 15 seconds rest  
Start steady try to make each 200m faster  
**Stretch your stroke to the catch (2" below the surface) as far in front of you as possible**

## SWIM DOWN

400m any stroke

# KENDAL TRI CLUB

**SET 8**

**BODY POSITION 2.**

**LANE 6**

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## **WARM UP**

400m relaxed any stroke

## **MAIN SET**

400m swim steady.

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

4 x 100m With pull buoy, **between ankles** 15 seconds rest  
**This will work on your core strength**

4 x 200m Swim Swim 15 seconds rest  
steady try to make each 200m faster

4 x 100m Swim with hand paddles 15 seconds rest  
**Stretch your hand forward for the catch at the front of the stroke. Again lean into the stroke**

4 x 200m Swim 15 seconds rest  
Start steady try to make each 200m faster  
**Stretch your stroke to the catch (2" below the surface) as far in front of you as possible**

## **SWIM DOWN**

400m any stroke

