

Lane 5& 6 – Set 1

Warm Up

400m choice swim

100m F/C kick }
100m F/C pull } X2 - 1st person set off when back person gets in

Sub-set – Focus: Catch

4 x 100m drill up, swim back

1. Fist
2. Scull 1 (w. pull buoy)
3. Full pull doggy Paddle (w. pull buoy)
4. Paddles

Main Set

Percentages in this set based off 1500m swim speed

4 x 400m F/C – rest 20 secs

1. Pull – focus on catch
2. Swim – Work 1st and 3rd 100m @ 70% effort, 2nd and 4th 100m steady
3. Paddles – focus on catch
4. Swim – Work 2nd and 4th 100m @ 70% effort, 1st and 3rd 100m steady

Swim Down

200m Choice stroke

Total 3000m

Lanes 3 & 4 – Set 1

Warm Up

400m choice swim

100m F/C kick

100m F/C pull

Sub-set – Focus: Catch

4 x 50m drill

5. Fist
6. Scull 1 (w. pull buoy)
7. Full pull doggy Paddle (w. pull buoy)
8. Paddles

Main Set

Percentages based off 1500m swim speed

4 x 300m F/C – rest 20 secs

5. Pull – focus on catch
6. Swim – Work 2nd 100m @ 70% effort, 1st and 3rd 100m steady
7. Paddles – focus on catch
8. Swim – Work 1st and 3rd 100m @ 70% effort, 2nd 100m steady

Swim Down

200m Choice stroke

Total 2200m