

Lane 5&6 – Set 10

Warm Up

400m choice swim

200m F/C Kick with fins

200m F/C pull with paddles

Sub Set – Focus: Power and Pull Efficiency

8 x 50m Mini-Maxi Drill

To perform this drill, add together your time and stroke count on the first 50m. Now try to decrease your score each time by putting more power through your stroke but not increasing your stroke rate.

Main Set

Percentage efforts based off 1500m time

16 x 100m F/C as:

- 4 x 50 % effort w. 5 secs rest
- 4 x 60% effort w. 10 secs rest
- 4 x 70% effort w. 15 secs rest
- 4 x 80% effort w. 20 secs rest

Swim Down

200m Easy choice swim

Total 3000m

Lane 3&4 – Set 10

Warm Up

400m choice swim

100m F/C Kick with fins

100m F/C pull with paddles

Sub Set – Focus: Power and Pull Efficiency

6 x 50m Mini-Maxi Drill

To perform this drill, add together your time and stroke count on the first 50m. Now try to decrease your score each time by putting more power through your stroke but not increasing your stroke rate.

Main Set

Percentage efforts based off 1500m time

12 x 100m F/C as:

- 3 x 50 % effort w. 10 secs rest
- 3 x 60% effort w. 15 secs rest
- 3 x 70% effort w. 20 secs rest
- 3 x 80% effort w. 25 secs rest

Swim Down

200m Easy choice swim

Total 2300m