

Lanes 5&6 – Set 2

Warm Up

200m choice swim

200m F/C – 50m kick, 50m swim x2

200m F/C – 50m pull, 50m swim x2

200m choice swim

Sub-Set – Focus: Catch

8 x 50m drill (w. fins)

1&5: Scull 1

2&6: Long Doggy Paddle

3&7: Head up front crawl

4&8: Catch up

Main Set

Percentages in this set based off 1500m pace

8 x 200m F/C w. 15 secs rest – Really focus on setting up your catch correctly as your hand enters

4 x 200m pull then 4 x 200m swim w. paddles as:

1. Easy

2. 50%

3. 60%

4. 70%

Swim Down

200m easy choice

Total 3000m

Lanes 3&4 – Set 2

Warm Up

200m choice swim

100m F/C – 50m kick, 50m swim x2

100m F/C – 50m pull, 50m swim x2

200m choice swim

Sub-Set – Focus: Catch

8 x 50m drill (w. fins)

1&5: Scull 1

2&6: Long Doggy Paddle

3&7: Head up frontcrawl

4&8: Catch up

Main Set

Percentages in this set based off 1500m pace

6 x 200m F/C w. 20 secs rest – Really focus on setting up your catch correctly as your hand enters

3 x 200m pull then 3 x 200m swim w. paddles as:

1. 50%

2. 60%

3. 70%

Swim Down

200m easy choice

Total 2600m