

Lanes 5&6 – Set 3

Warm Up

400m choice swim

8 x 50m F/C superman kick w. fins (15 secs rest) – Focus on rotation when you breath. Start rotation with hip, Ear on arm with no head movement.

Sub-Set – Focus: Rotation

4 x 100m F/C 25m drill, 25m swim

1. Single arm
2. 6/1/6
3. Corkscrew
4. Straight arm, breath every stroke

Main Set

Time yourself swimming 100m then 200m F/C at about 70% of 1500m pace. Remember your times!

6 x 100m F/C rest 15 secs } Try to maintain the times you did at the
3 x 200m F/C rest 20 secs } beginning of the set

Swim Down

200m Choice

Total 2900m

Lanes 3&4 – Set 3

Warm Up

400m choice swim

4 x 50m F/C superman kick w. fins (15 secs rest) – Focus on rotation when you breath. Start rotation with hip, Ear on arm with no head movement.

Sub-Set – Focus: Rotation

4 x 100m F/C 25m drill, 25m swim

1. Single arm w. fins
2. 6/1/6 w. fins
3. Corkscrew
4. Straight arm, breath every stroke

Main Set

Time yourself swimming 100m then 200m F/C at about 70% of 1500m pace. Remember your times!

5 x 100m F/C rest 20 secs
3 x 200m F/C rest 30 secs } Try to maintain the times you did at the beginning of the set

Swim Down

200m Choice

Total 2600m