

Lane 5&6 – Set 4

Warm Up

200m Choice swim

200m F/C pull

200m F/C 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

8 x 50m F/C drill as:

1&2: Long doggy paddle with face in water – make sure you still rotate

3&4: 6/1/6

5&6: 6/3/6

7&8: Straight arms, breath every stroke

Main Set

8 x 200m F/C w. 10 secs rest as:

Odds – Pull

Evens – Swim

} Aim to hit the same times throughout the set (approx. 60% 1500m pace) even with short rest periods.

Swim Down

200m choice

Total 3000m

Lane 3&4 – Set 4

Warm Up

200m Choice swim

200m F/C pull

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

8 x 50m F/C drill as:

1&2: Long doggy paddle with face in water – make sure you still rotate

3&4: 6/1/6

5&6: 6/3/6

7&8: Straight arms, breath every stroke

Main Set

6 x 200m F/C w. 15 secs rest as:

Odds – Pull

Evens - Swim

} Aim to hit the same times throughout the set (approx. 60% 1500m pace) even with short rest periods.

Swim Down

200m choice

Total 2400