

Lane 5&6 – Set 5

Warm Up

300m Choice swim

200m F/C pull

100m F/C kick

Sub-Set – Focus: Propulsive phase

10 x Poolside Push ups

4 x 100m as 25m drill, 25m swim:

1. Underwater recovery
2. Thigh brush
3. Finger flick
4. Double arm pulls w. pull buoy

Main Set

When swimming strongly really focus on using your lats and putting power all the way through the underwater phase of your stroke.

100m swim – 75m steady, 25m strong (5 secs rest)

200m swim – 150m steady, 50m strong (10 secs rest)

300m swim – 225m steady, 75m strong (15 secs rest)

400m swim – 300m steady, 100m strong (20 secs rest)

300m swim - 225m steady, 75m strong (15 secs rest)

200m swim – 150m swim, 50m strong (10 secs rest)

100m swim – 75m steady, 25m strong

Swim Down

200m easy choice swim

Total 2800

Lane 3&4 – Set 5

Warm Up

300m Choice swim

200m F/C pull

100m F/C kick

Sub-Set – Focus: Propulsive phase

10 x Poolside Push ups

4 x 100m as 25m drill, 25m swim:

1. Underwater recovery
2. Thigh brush
3. Finger flick
4. Double arm pulls w. pull buoy

Main Set

When swimming strongly really focus on using your lats and putting power all the way through the underwater phase of your stroke.

50m swim – 25m steady, 25m strong (10 secs rest)

100m swim – 75m steady, 25m strong (15 secs rest)

200m swim – 150m steady, 50m strong (20 secs rest)

300m swim - 225m steady, 75m strong (25 secs rest)

200m swim – 150m swim, 50m strong (20 secs rest)

100m swim – 75m steady, 25m strong (15 secs rest)

50m swim – 25m steady, 25m strong

Swim Down

200m easy choice swim

Total 2200m