

Lane 5&6 – Set 6

Warm Up

600m F/C as:

200m swim

100m pull

100m torpedo kick

200m swim

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

Percentage efforts are based off your 1500m pace

4 x 500m F/C w. 20 secs rest as:

1. Swim
2. Pull
3. Swim
4. Paddles

All of the set should be done at 60% effort apart from one 100m of each 500 which should be at 75-80% effort. Choose as a lane which 100 you will work before you begin each 500.

Swim Down

200m easy choice swim

Total 3200m

Lane 3&4 – Set 6

Warm Up

400m F/C as:

100m swim

100m pull

100m torpedo kick

100m swim

Sub-Set – Focus: Propulsive Phase

10 x Poolside Push ups

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

5. Underwater recovery
6. Thigh brush
7. Finger flick
8. Double arm pulls w. pull buoy

Main Set

Percentage efforts are based off your 1500m pace

4 x 400m F/C w. 20 secs rest as:

1. Swim
2. Pull
3. Swim
4. Paddles

All of the set should be done at 60% effort apart from one 100m of each 500 which should be at 75-80% effort. Choose as a lane which 100 you will work before you begin each 500.

Swim Down

200m easy choice swim

Total 2600m