

Lane 5&6 – Set 9

Warm Up

400m choice swim

2 x 200m F/C as swim/kick/pull/swim (50m of each)

Sub Set – Focus: Stroke efficiency

4 x 25 m F/C counting stroke rate as:

1. Spin Drill – spin arms as fast as possible
2. As slow as possible
3. Regular swimming
4. Powerful

6x 50m F/C as:

3 x Regular swimming

3 x Powerful swimming

} Time yourselves and try to reduce stroke rate throughout each set of 3 x 50m without losing speed.

Main Set

2 x 800m F/C steady working the first 50m of each 200 at 80% effort.

Maintain form even when swimming faster.

Swim Down

200m easy choice swim

Total 3000m

Lane 3&4 – Set 9

Warm Up

400m choice swim

2 x 100m F/C as swim/kick/pull/swim (25m of each)

Sub Set – Focus: Stroke efficiency

4 x 25 m F/C counting stroke rate as:

1. Spin Drill – spin arms as fast as possible
2. As slow as possible
3. Regular swimming
4. Powerful

6x 50m F/C as:

3 x Regular swimming

3 x Powerful swimming

} Time yourselves and try to reduce stroke rate throughout each set of 3 x 50m without losing speed.

Main Set

2 x 600m F/C steady working the first 50m of each 200 at 80% effort.

Maintain form even when swimming faster.

Swim Down

200m easy choice swim

Total 2400m