



1 Km Session

4 x 50's Freestyle
4 x 50's Kick with Fins

200m Free with Fins

4 x 50's Alternate 1 Backstroke / 1 Breaststroke
4 x 50's Freestyle

1.5km Session

200m Freestyle Warm Up
3 x 100's Kick with Fins

12 x 50's Freestyle Alternate
1. 25m firm / 25m Easy
2. Build in speed during lap

4 x 50's Alternate 1 Backstroke / 1 Breaststroke
200m Own Choice Warm Down

2km Session

200m Freestyle
150m Freestyle
100m Freestyle
50m Freestyle

} Warm Up

5 x 100's Kick with Fins

2 X { 2 x 100's Freestyle
2 x 50's Freestyle

4 x 50's Alternate 1 Backstroke / 1 Breaststroke
200m Own Choice Warm Down

2.5km Session

400 Freestyle Warm Up
6 x 50's kick (No Fins)

6 x 100's Freestyle
3 x 200's Pull Buoy & Paddles (optional)

6 x 50's Kick with Fins

4 x 50's Alternate 1 Backstroke / 1 Breaststroke
100m Easy Own Choice