

FOCUS: IM and building fitness/threshold swimming 1.5 hour

Level	One	Two	Three
Warm up (with fins)	300 choice Whole squad: Heart starters: 4 x 25 on kick, 4 x 25 sprint 100 easy 600	400 choice Whole squad: Heart starters: 4 x 25 on kick, 4 x 25 sprint 100 easy 700	500 choice Whole squad: Heart starters: 4 x 25 on kick, 4 x 25 sprint 100 easy 800
Main Set Focus/Tips: Threshold swimming: Trying to maintain same Speed throughout pyramid Popov Drill: Scull in front with entry Hand for 15, recovery Arm in high elbow Position, change arms Focus on feeling the water on Catch entry Double Dip: Hand enters on catch , take it out and then re-enter, Change arms Focus on hand placement on catch	IM Pyramid: 1 x 100 IM kick 1 x 100 IM drill 2 x 100 IM 30 sec R 1 x 100 IM drill 1 x 100 IM kick 100 easy 700 Freestyle Set: 200 paddles/pull etc Freestyle drills: focus on catch entry : 1 x100: Popov drill, 1 x 100 double dip 400 Freestyle threshold pyramid: 2 x 25 10 sec R 1 x 50 15 sec R 1 x 100 30 sec R 1 x 50 2 x 25 300	IM Pyramid: 1 x 100 IM kick 1 x 100 IM drill 1 x 100 IM on 2.30 1 x 200 IM on 4.15 1 x 100 IM 1 x 100 IM drill 1 x 100 IM kick 100 easy 900 Freestyle Set: 200 paddles/pull etc Freestyle drills: focus on catch entry : 1 x100: Popov drill, 1 x 100 double dip 400 Freestyle threshold pyramid: 2 x 50 (60) 1 x 100(2.00) 1 x 200 (4.00) 1 x 100 2 x 50 600	IM Pyramid: 1 x 100 IM kick 1 x 100 IM drill 2 x 100 IM on 2.00/2.10 1 x 200 IM on 3.45/4.00 2 x 100 IM 1 x 100 IM drill 1 x 100 IM kick 100 easy 1.1 Freestyle Set: 200 paddles/pull etc Freestyle drills: focus on catch entry : 1 x100: Popov drill, 1 x 100 double dip 400 Freestyle threshold pyramid: 2 x 50 (50/55) 2 x 100 (1.35/1.40) 1 x 200 (3.15/3.30) 2 x 100 2 x 50 800
Cool Down	Cool down 200 2200	Cool down 200 2800	Cool down 200 3300