

<p>Warm up</p>	<p>Whole squad together</p> <p>Warm up is a 300 or 400 or 500 choice (everyone stops when majority have finished)</p> <p>Kick Set : 8 x 25 whole squad together on whistle (lower lanes with fins)</p>
<p>Main Set</p> <p>This is a great set to do as a lead up to a major meet .</p> <p>Good for all to do even if they are not competing</p>	<p>Main Set is a Rotation:</p> <p>Squad is divided into 3 groups</p> <ul style="list-style-type: none"> • Dive start 25s • Drills • Sprint 50s. <p>Rotate after 20 minutes.</p> <p>1. Dive Start – walk back Sprint 25’s</p> <p>Working with coach on whistle</p> <p>2. Drills: work through a set of drills 100 of each drill such as :</p> <p>Freestyle: 6 -3-6, almost catch up , unco</p> <p>Backstroke: 1 arm back, 6 3 6,</p> <p>Breaststroke: breaststroke with dolphin kick, 2 kicks/1 pull</p> <p>Fly: 222 drill, 1 arm Fly</p> <p>3. 50 Sprints:</p> <p>Mixed strokes on 1.50 or 1.30 good recovery</p>
<p>Cool Down</p>	<p>400 cool down mixed strokes/ pull buoy/paddles etc</p>