SWIM SESSION 2

Session Focus/Goal/Challenge: Focus on a strong catch and pull phase of stroke

LEVEL 1

Distance:
25m Pool = 2000m
33m Pool = 2200m
50m Pool = 2300m

Warm Up
4 lengths easy freestyle *(2 lengths only, if 50m pool)*
(4 X) 1 length of each k, bk, br, fr *(3x if 50m pool)*
100m backstroke
100m freestyle

Main:
2x200m freestyle, build pace over the distance to strong for the last lap of each 200m, r30
4x100m steady pace, r10
200m easy bk/br
200m pull buoy & paddle holding strong pace

Warm Down:
200m loosen

LEVEL 2

Distance:
25m Pool = 2200m
33m Pool = 2400m
50m Pool = 2900m

Warm Up:
4 lengths easy freestyle *(2 lengths only, if 50m pool)*
(4 X) 1 length of each k, bk, br, fr
100 Backstroke
100 freestyle

Main:
2x200m freestyle build over the distance to sprint last lap of each 200m, r30
6x100m 2k race pace, r10
200m easy bk/br
2x200m pull buoy & paddle holding 2km pace, r30

Warm Down:
200m loosen

LEVEL 3

Distance:
25m Pool = 3500m
33m Pool = 3633m
50m Pool = 3900m

Warm Up:
200 easy freestyle
(4 X) 1 length of each k, bk, br, fr
100 Backstroke
100 freestyle

Main:
3x200m freestyle build over the distance to sprint last lap of each 200m, r30
8x100m at 2km pace, r10
200m easy bk/br
3x300m pull buoy & paddle holding 2km pace, r30

Warm Down:
200m loosen