




Coach: Greg G	Date: 26/01/20 AM	Length: 50 Long Course	Focus: Getting race ready
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Level	One	Two - Three	Four - Five
Warm Up (with Fins)	300 Choice (300)	400 Choice (400)	400 Choice (400)
Drills with Fins/ Snorkel 	50 FR as YMC Accelerate – change arms at 25 50 FR as YMC Accelerate + 1 100 Perfect FR 2 x 50 BU as 3 left, 3 right, 3 double 2 x 50 BR – maximise your glide. (400)	50 FR as YMC Accelerate – change arms at 25 50 FR as YMC Accelerate + 1 100 Perfect FR 2 x 50 BU as 3 left, 3 right, 3 double 2 x 50 BR – maximise your glide. (400)	50 FR as YMC Accelerate – change arms at 25 50 FR as YMC Accelerate + 1 100 Perfect FR 2 x 50 BU as 3 left, 3 right, 3 double 2 x 50 BR – maximise your glide. (400)
Pre-Set Without fins 	2 x (4 x 25 FR sprints, 10 secs apart, 10 secs rest as easy, medium, hard, sprint, longer rest R:20) 8 x 25 CH Form as above 100 easy choice (500)	2 x (4 x 25 FR sprints, 10 secs apart, 10 secs rest as easy, medium, hard, sprint, longer rest R:20) 8 x 25 CH Form as above 100 easy choice (500)	2 x (4 x 25 FR sprints, 10 secs apart, 10 secs rest as easy, medium, hard, sprint, longer rest R:20) 8 x 25 CH Form as above 100 easy choice (500)
Main Set Use beeper if you have one and know your CSS - Mode 2 for pacing 	You want results for your efforts 4 x 50 FR descending time each 50 by approx. 2 secs – in pairs – if you put in more effort and don't go quicker – why? R:30 4 x 50 number 1 form descending each 50 by approx. 2 secs – if you put in more effort and don't go quicker – why? R:30 100 easy choice 400 FR as 8 x 50 with 5 secs rest – build each 100m (900)	You want results for your efforts 4 x 50 FR descending time each 50 by approx. 2 secs – in pairs – if you put in more effort and don't go quicker – why? R:30 4 x 50 number 1 form descending each 50 by approx. 2 secs – if you put in more effort and don't go quicker – why? R:30 100 easy choice 400 FR as 8 x 50 with 5 secs rest – build each 100m 2 x 200 CH as 4 x 50 with 5 seconds rest (30 rest between)	You want results for your efforts 4 x 50 FR descending time each 50 by approx. 2 secs – in pairs – if you put in more effort and don't go quicker – why? R:30 4 x 50 number 1 form descending each 50 by approx. 2 secs – if you put in more effort and don't go quicker – why? R:30 100 easy choice broken 400 FR as 8 x 50 with 5 secs rest – build each 100m broken 400 CH as 8 x 50 with 5 seconds rest
Cool Down	200 Choice	200 Choice	200 Choice