

Coach: Anne Smyth	Date: 25/2/2020	Length: 60	Focus: Sprint Race Pace Training
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Level	One	Two	Three
Warm Up (with Fins)	300 Choice 300	400 Choice 400	400 Choice 400
Drills with Fins	<ul style="list-style-type: none"> • 100 6 3 6 • 100 backstroke 6 3 6 • 100 as 25 breathe every 2 strokes, 25 every 3, 25 every 4, 25 every 5 • 100 swim trying to increase stroke rate 400	<ul style="list-style-type: none"> • 100 6 3 6 • 100 backstroke 6 3 6 • 100 as 25 breathe every 2 strokes, 25 every 3, 25 every 4, 25 every 5 • 100 swim trying to increase stroke rate 400	<ul style="list-style-type: none"> • 100 6 3 6 • 100 backstroke 6 3 6 • 100 as 25 breathe every 2 strokes, 25 every 3, 25 every 4, 25 every 5 • 100 swim trying to increase stroke rate 400
Pre-Set	<ul style="list-style-type: none"> • 4x25 Kick Sprint fins opt • 4 x25 ½ underwater kick then sprint • 6 x50 choice as each 50 is divided into 1/3's: 1&2 E M H 3&4 H E M 5&6 M H E 500	<ul style="list-style-type: none"> • 4x25 Kick Sprint • 4 x25 ½ underwater kick then sprint • 6 x50 choice as each 50 is divided into 1/3's: 1&2 E M H 3&4 H E M 5&6 M H E 500	<ul style="list-style-type: none"> • 4x25 Kick Sprint • 4 x25 ½ underwater kick then sprint • 6 x50 choice as each 50 is divided into 1/3's: 1&2 E M H 3&4 H E M 5&6 M H E 500
Main Set Focus/Tips: RPT High intensity sprint Set goal sprint time, when over time, rest a 50. Work on sprint technique- how to go fast <ul style="list-style-type: none"> • Increase stroke rate • Reduce breaths, • Maintain efficient stroke • Work turns 	Race Pace Training –high effort 85-90% Work out sprint time to maintain. Swim 1 test 50. 8x50 sprint 30 sec R When swimmer goes over goal time, they miss a 50. 100 recovery 550 Form 2x100 IM mod effort work turns 30 sec R 200	Race Pace Training –high effort 85-90% Work out sprint time to maintain. Swim 1 test 50. 10x50 sprint On 1.15 When swimmer goes over goal time, they miss a 50. 100 recovery 650 Form 2x100 IM mod effort work turns 30 sec R 200	Race Pace Training –high effort 85-95% Work out sprint time to maintain. Swim 1 test 50. 12x50 sprint On 60 or 20 sec R When swimmer goes over goal time, they miss a 50. 100 recovery 750 Form 4x100 IM mod effort work turns 30 sec R 400
Cool Down	200 Choice 2150	200 Choice 2350	200 Choice 2650