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|-------------------------------|----------|
| This weeks recommended volume | 9.6 KM + |
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Swim Breakdown Estimates

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|----------------|--------|----------------|------|---------------------|---|
| Sunday Coached | 3000 + | Other Sessions | 2500 | Catch up Kilometres | 0 |
| D&P Friday Set | 4100 | D&P Long Swim | 0 | | |

Minimum Recommended Dryland Training

| | | | | | |
|----------------------------|---|----------------|--|---------------|---|
| Strength Training sessions | 1 | X Training | | Another Sport | 1 |
| Stretching Sessions | 1 | Stretch chords | | | |


Notes & Instructions

Just 4100m to get everyone to a minimum fitness level
Print this set and take it to the pool in a plastic envelope
Objective: to redetermine your current, LC, 25m, CSS time
Review the skills / drills before your leave home - see links below
Start your lane & session on time, stick to the rest intervals
After the session, go to the above site and enter your times
<http://previous.swimsmooth.com/training.html>
 recorded in the Main 1: section, and work out your 50 m CSS time
 Divide you 50 m CSS time in half to get your 25 m CSS time
Email Greg your 25 m CSS time

Warm-up


400  **400 choice warmup with fins**

Skills RP1

400  **100 as 6-1-6 up, FR swim back** [Link](#)
100 FR Pull, breath every 5 up, swim back
100 FR as Broken Arrow up, swim back [Link](#)
100 FR as Long Dog Paddle up, swim back [Link](#)

800

Build

800  **FR swim moderate with 15s between each 50 as**
5 x 50 (Last 50 is hard) +15s extra rest before the next block
4 x 50 (Last 50 is hard) +15s extra rest before the next block
3 x 50 (Last 50 is hard) +15s extra rest before the next block
2 x 50 (Last 50 is hard) +15s extra rest before the next block
1 x 50 (yep its hard) +15s
1 x 50 easy

1600

Main 1. Freestyle

1000 **2 mins rest**
3 x 100 FR swim moderate , R:15 between
R: 2 mins
400 m FR time trial and time yourself - record your time
R: 2 mins
200 m FR time trail and time yourself - record your time
R: 1 min
100 m FR swim down

2600

Main 2:

400 **400 m FR pull (paddles optional)**

400 Set your beeper to what you think your 25m CSS pace is
 As the clock is on 00, sync your beeper, but wait 10 secs then swim 100 m
 The aim is to Catch The Beep (CTB) at the 100 mark - at the clock 00
 Repeat this 3 times

500 **300 BA**
100 FR as Broken Arrow up, swim back - with fins
100 FR as long dog paddle up, swim back - with fins

3900

Cool Down

200 **200 choice**
4100