

This weeks recommended volume	7.5 km
-------------------------------	--------

Swim Breakdown Estimates

Sunday Coached	3000 +	Other Sessions	2300	Catch up Kilometers	0
D&P Friday Set	2200	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

This weeks stroke is FR only

Print this set and take it to the pool in a plastic envelope

Objective: to determine 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

The set is 2200 m with an optional 1 km for those who feel up to it


Warm-up

400  **400 choice warmup with fins**

Skills RP1

300 **Fins** 100 as 6-1-6 up, FR swim back [Link](#)
No fins 100 FR Pull, breath every 5 up, swim back
NO fins 2 x (25 m heads up FR, 25 m swim, R: 15) [Link](#)
700

Build

300  **FR swim as**
3 x { 25 easy + 25 moderate
R:10
25 hard + 25 easy
R:10
R: 1 minute before next set
1000

Main 1. Freestyle

1000 **3 x 100 FR swim moderate , R:15 between**
R: 2 mins
400 m FR timetrial and time yourself - record your time
R: 2 mins
200 m FR timetrail and time yourself - record your time
R: 1 min
100 m FR swim down
2000

Optional metres

1000 m in case you want more, R:20 - 30 between everything
2 x 100 FR
200 FR
3 x 100 FR
300 FR
2000

Pace is moderate

If you know your 25 m CSS pace swim it at CSS + 1.5 secs per

Cool Down

200 **200 choice**
2200