

Coach: Anne Smyth	Date: 07/01/2020	Length: 60 Mins	Focus: Building Fitness – Threshold Pacing
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Level	One	Two	Three
Warm Up (with Fins)	300 Choice 300	400 Choice 400	400 Choice 400
Drills with Fins/Snorkel etc	IM Drill Set 100 drill choice each stroke 400	IM Drill Set 100 drill choice each stroke 400	IM Drill Set 100 drill choice each stroke 400
Pre-Set	4x25 Kick Sprint 15 sec R 4x25 Choice Sprint 15 sec R 200	4x25 Kick Sprint 15 sec R 4x25 Choice Sprint 15 sec R 200	4x25 Kick Sprint 15 sec R 4x25 Choice Sprint 15 sec R 200
Main Set Focus/Tips: Maintain Pace Focus on quality stroke technique- all strokes	Threshold Work Freestyle Pyramid 2x50 FR 15 sec R 1x100 FR 30 sec R 1x200 FR 1 min R 1x100 FR 2x50 FR 600 Form 4x50 Form 30 sec R 200	Threshold Work Freestyle Pyramid 4x50 FR on 60 1x100 FR on 2:00 1x200 FR on 4:00 1x100 FR 4x50 FR 800 Form 6x50 Form on 1:20 300	Threshold Work Freestyle Pyramid 4x50 FR on 50/55 2x100 FR on 1:35/1:40/1/45 1x200 FR on 3:10/3:20/3.30 2x100 FR 4x50 FR 1000 Form 8x50 Form on 65/70 400
Cool Down	200 Choice 2200	200 Choice 2400	200 Choice 2600