

Coach: Anne Smyth	Date: 01/12/2020	Length: 60	Focus: Freestyle and IM – varying pace
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Level	One	Two	Three
Warm Up (with Fins)	300 Choice 300	400 Choice 400	400 Choice 400
Drills Focus: rotation -cue- 'show armpit to side of pool'	200 pull/paddles 200	200 pull paddles 200	200 pull /paddles 200
Pre-Set	4x25 Kick Sprint on 45 4x 25 Choice Sprint on 45 200	4x25 Kick Sprint on 45 4x50 Choice Sprint on 45 200	4x25 Kick Sprint on 45 4x50 Choice Sprint on 45 200
Main Set Focus/Tips: varying pace	Freestyle descending set 2 X 3 X 100 Freestyle as Easy Mod Hard 30 sec R 600 IM WORK 400 IM as 25 kick 25 pull 25 drill 25 swim (do BRS last as use fins for other other strokes) 400	Freestyle descending set 2 X 3 X 100 Freestyle as Easy Mod Hard On 2 min 600 IM WORK 400 IM as 25 kick 25 pull 25 drill 25 swim (do BRS last as use fins for other other strokes) 400 4 x 100 IM 30 sec R mod pace 400	Freestyle descending set 3 X 3 X 100 Freestyle as Easy Mod Hard On 1.45 900 IM WORK 400 IM as 25 kick 25 pull 25 drill 25 swim (do BRS last as use fins for other other strokes) 400 4 x 100 IM mod pace 30 sec R 400
Cool Down	200 Choice 2000	200 Choice 2400	200 Choice 2700