

Warm-up

400



400

400 choice warmup with fins

Skills

200

200 BU kick on back with fins

200

4 x 50 RS1 - taking a few strokes as possible

800



800

Build Race Stroke No 1

BA swimmers

400



8 x 50 Swim building from easy to fast, R: 30

BU Swimmers moderate pace

8 x 50 as 25 BU, 25 CH - NOT BU R:30

1200

Main 1.

Race Stroke 1

BA swimmers

2000

2 x

- 2 x 100
- 200
- 3 x 100
- 300

Rest: 20 secs
between each
swim

Rest: 20 secs
between each
swim

BU Swimmers BU up and choice back - not BU

- 2 x 100
- 100 easy CH
- 200
- 100 easy CH
- 3 x 100
- 100 easy CH
- 300
- 100 easy CH
- 12 x 25 BU
- 300 CH not BU

Rest: 20 secs
between each

Rest 20 secs in middle of pool and at end

3200

Optional metres

3200

Cool Down

200

200 choice

3400