



Lane 1 Session
May 26th

Main Objectives
Race Phase

Secondary Objectives
Short Speed

Warm Up

1x100m

Swim Easy

4x50m

Swim Easy - Vary Breathing Pattern for each 50m

1. BP 3
2. BP 4
3. BP 3
4. BP 4

Technique Set

Timing and Stroke Pace

2x25m

Catch Up

2x25m

1/2 Catch Up

1x25m

1/2 Length Catch Up + 1/2 L Half-Catch Up

1x25m

1/2 Length Half-Catch Up + 1/2 L Normal Timing

1x25m

1/2 Length Normal + 1/2 Length Half-Catch Up

1x25m

1/2 Length Half-Catch Up + 1/2 Length Catch Up

1x25m

1/2 Length Doggie Paddle Catch Up Timing (Head Down) + 1/2 Length Swim

1x25m

1/2 Length Doggie Paddle Catch Up Timing (Head Down) + 1/2 Length Swim

SET 2

Aerobic Development

2x50m

Off 1:15 Easy Pace

2x75m

Off 1:50 85%

1x100m

Steady Aeobic 70%

Rest 1:30 and Repeat

Warm Down

2x50m

Easy Swim BP 4

2x50m

Swim as 1x25m Choice Drill + 1x25m Swim

Total Metres

1300



Lane 2 Session
May 26th

Main Objectives
Race Phase

Secondary Objectives
Short Speed

Warm Up

1x150m

Swim Easy

4x50m

Swim Easy - Vary Breathing Pattern for each 50m

1. BP 3
2. BP 4
3. BP 3
4. BP 4

Technique Set

Timing and Stroke Pace

2x25m

Catch Up

2x25m

1/2 Catch Up

1x25m

1/2 Length Catch Up + 1/2 L Half-Catch Up

1x25m

1/2 Length Half-Catch Up + 1/2 L Normal Timing

1x25m

1/2 Length Normal + 1/2 Length Half-Catch Up

1x25m

1/2 Length Half-Catch Up + 1/2 Length Catch Up

1x25m

1/2 Length Doggie Paddle Catch Up Timing (Head Down) + 1/2 Length Swim

1x25m

1/2 Length Doggie Paddle Catch Up Timing (Head Down) + 1/2 Length Swim

SET 2

Aerobic Development

2x50m

Off 1:10 Easy Pace

2x75m

Off 1:45 85%

1x150m

Steady Aeobic 70%

Rest 1:30 and Repeat

Warm Down

2x50m

Easy Swim BP 4

2x50m

Swim as 1x25m Choice Drill + 1x25m Swim

Total Metres

1550



Lane 3 Session
May 26th

Main Objectives
Race Phase

Secondary Objectives
Short Speed

Warm Up

1x200m

Swim Easy

4x50m

Swim Easy - Vary Breathing Pattern for each 50m

1. BP 3
2. BP 4
3. BP 3
4. BP 4

Technique Set

Timing and Stroke Pace

2x25m

Catch Up

2x25m

1/2 Catch Up

1x25m

1/2 Length Catch Up + 1/2 L Half-Catch Up

1x25m

1/2 Length Half-Catch Up + 1/2 L Normal Timing

1x25m

1/2 Length Normal + 1/2 Length Half-Catch Up

1x25m

1/2 Length Half-Catch Up + 1/2 Length Catch Up

1x25m

1/2 Length Doggie Paddle Catch Up Timing (Head Down) + 1/2 Length Swim

1x25m

1/2 Length Doggie Paddle Catch Up Timing (Head Down) + 1/2 Length Swim

SET 2

Aerobic Development

2x50m

Off 1:00 Easy Pace

2x100m

Off 2:10 85%

1x200m

Steady Aeobic 70%

Rest 1:30 and Repeat

Warm Down

3x50m

Easy Swim BP 4

2x50m

Swim as 1x25m Choice Drill + 1x25m Swim

Total Metres

1850



Lane 4 Session
May 26th

Main Objectives
Race Phase

Secondary Objectives
Short Speed

Warm Up

1x200m

Swim Easy

4x50m

Swim Easy - Vary Breathing Pattern for each 50m

1. BP 3
2. BP 4
3. BP 3
4. BP 4

Technique Set

Timing and Stroke Pace

2x25m

Catch Up

2x25m

1/2 Catch Up

1x25m

1/2 Length Catch Up + 1/2 L Half-Catch Up

1x25m

1/2 Length Half-Catch Up + 1/2 L Normal Timing

1x25m

1/2 Length Normal + 1/2 Length Half-Catch Up

1x25m

1/2 Length Half-Catch Up + 1/2 Length Catch Up

1x25m

1/2 Length Doggie Paddle Catch Up Timing (Head Down) + 1/2 Length Swim

1x25m

1/2 Length Doggie Paddle Catch Up Timing (Head Down) + 1/2 Length Swim

SET 2

Aerobic Development

2x50m

Off 1:00 Easy Pace

3x100m

Off 2:10 85%

1x200m

Steady Aeobic 70%

Rest 1:30 and Repeat

Warm Down

3x50m

Easy Swim BP 4

2x50m

Swim as 1x25m Choice Drill + 1x25m Swim

Total Metres

2050