



Lane 1 Session
June 2nd

Main Objectives
Race Phase

Secondary Objectives
Short Speed

Warm Up

1x100m

Swim Easy

6x25m

Swim Easy - Use Breathing Pattern (BP) as below - rest 10s between
1. BP 2
2. BP 4
3. BP 6
4. BP 4
5. BP 4
6. BP 2

1x100m

Easy Swim Choice BP

Technique Set

Recovery

Notes - Drill 25m and Swim Back 25m for each drill

2x25m

Single Arm - 1/2 Length left: 1/2 Length Right

2x25m

Single Arm with Finger Skim - 1/2 Length left: 1/2 Length Right

2x25m

Single Arm with Head Touch - 1/2 Length left: 1/2 Length Right

2x25m

Catch Up with Finger Skim BP 3

2x25m

Catch Up with Head Touch BP 3

2x25m

Half Catch Up with Finger Skim BP 3

2x25m

Normal Timing Swim with Finger Skim

SET 2

Aerobic Development

Notes - "Off" means time of swim and rest before starting next interval

4x25m

Off 40sec 85% Effort

3x50m

Off 1m 15s 80% Effort

2x100m

Off 2m 35s 75% Effort (easy)

Rest 2min and Repeat

Warm Down

2x50m

Easy Swim BP 4

2x50m

Swim as Choice Drill 25m plus Swim 25m

Total Metres

1750



Lane 2 Session June 2nd

Main Objectives
Race Phase

Secondary Objectives
Short Speed

Warm Up

1x150m Swim Easy

6x25m Swim Easy - Use Breathing Pattern (BP) as below - rest 10s between

1. BP 2
2. BP 4
3. BP 6
4. BP 4
5. BP 4
6. BP 2

1x150m Easy Swim Choice BP

Technique Set Recovery

Notes - Drill 25m and Swim Back 25m for each drill

2x25m Single Arm - 1/2 Length left: 1/2 Length Right

2x25m Single Arm with Finger Skim - 1/2 Length left: 1/2 Length Right

2x25m Single Arm with Head Touch - 1/2 Length left: 1/2 Length Right

2x25m Catch Up with Finger Skim BP 3

2x25m Catch Up with Head Touch BP 3

2x25m Half Catch Up with Finger Skim BP 3

2x25m Normal Timing Swim with Finger Skim

SET 2 Aerobic Development

Notes - "Off" means time of swim and rest before starting next

4x50m Off 1:10s 85% Effort

2x100m Off 2m 30s 80% Effort

1x200m 75% Effort (easy)

Rest 2min and Repeat

Warm Down

2x50m Easy Swim BP 4

2x50m Swim as Choice Drill 25m plus Swim 25m

Total Metres 2150



Lane 3 Session June 2nd

Main Objectives
Race Phase

Secondary Objectives
Short Speed

Warm Up

1x150m
6x25m

Swim Easy
Swim Easy - Use Breathing Pattern (BP) as below - rest 10s between

1. BP 2
2. BP 4
3. BP 6
4. BP 4
5. BP 4
6. BP 2

1x150m

Easy Swim Choice BP

Technique Set

Recovery

Notes - Drill 25m and Swim Back 25m for each drill

2x25m

Single Arm - 1/2 Length left: 1/2 Length Right

2x25m

Single Arm with Finger Skim - 1/2 Length left: 1/2 Length Right

2x25m

Single Arm with Head Touch - 1/2 Length left: 1/2 Length Right

2x25m

Catch Up with Finger Skim BP 3

2x25m

Catch Up with Head Touch BP 3

2x25m

Half Catch Up with Finger Skim BP 3

2x25m

Normal Timing Swim with Finger Skim

SET 2

Aerobic Development

Notes - "Off" means time of swim and rest before starting next interval

4x50m

Off 1m 85% Effort

3x100m

Off 2m 80% Effort

2x150m

Off 2m 45s 75% Effort (easy)

Rest 2min and Repeat

Warm Down

2x50m

Easy Swim BP 4

2x50m

Swim as Choice Drill 25m plus Swim 25m

Total Metres **2550**



Lane 4 Session June 2nd

Main Objectives
Race Phase

Secondary Objectives
Short Speed

Warm Up

1x150m Swim Easy

6x25m Swim Easy - Use Breathing Pattern (BP) as below - rest 10s between

1. BP 2
2. BP 4
3. BP 6
4. BP 4
5. BP 4
6. BP 2

1x150m Easy Swim Choice BP

Technique Set Recovery

Notes - Drill 25m and Swim Back 25m for each drill

2x25m Single Arm - 1/2 Length left: 1/2 Length Right

2x25m Single Arm with Finger Skim - 1/2 Length left: 1/2 Length Right

2x25m Single Arm with Head Touch - 1/2 Length left: 1/2 Length Right

2x25m Catch Up with Finger Skim BP 3

2x25m Catch Up with Head Touch BP 3

2x25m Half Catch Up with Finger Skim BP 3

2x25m Normal Timing Swim with Finger Skim

SET 2 Aerobic Development

Notes - "Off" means time of swim and rest before starting next interval

6x50m Off 55s 85% Effort

4x100m Off 2m 80% Effort

1x200m 75% Effort (easy)

Rest 2min and Repeat

Warm Down

2x50m Easy Swim BP 4

2x50m Swim as Choice Drill 25m plus Swim 25m

Total Metres 2750