



Lane 1 Session
June 9th

Main Objectives Race Phase	Secondary Objectives Short Speed
Warm Up	
1x100m	Swim Easy
3x50m	Swim 25m BP 4 + 25m choice BP Repeat
Technique Set Posture and Balance	
1x50m	Kick 25m on Front/ Swim Back
1x50m	Front Crawl Side Kick 25m on Side (switch sides half way) / Swim Back (Arm extended but don't lean on arm/ body 45 degrees/ head straight)
1x50m	Back Crawl Side Kick 25m on Side (switch sides half way) / Swim Back (Arm extended but don't lean on arm/ body 45 degrees/ nose up)
2x25m	Front Crawl Side Kick (RI 20s between lengths) Kick 12 kicks/ 3 strokes / switch sides at half way (Arm extended but don't lean on arm/ body 45 degrees/ head straight)
2x25m	Single Arm 4/4 (RI 20s) 4 single arm strokes left/ 4 right and repeat for length Breath on the 2nd Stroke!
2x25m	Single Arm 2/2 (RI 20s) 2 single arm strokes left/ 2 right and repeat for length Breath on the 2nd Stroke!
2x25m	Catch Up BP3 (RI 20s)
SET 2 Aerobic Development	
4x25m	80% Effort (RI 15s) (Rest 1:30 after 4x25m)
4x50m	75% Effort (RI 25s) (Rest 2:00 at end)
1x200m	Steady Swim - Focus on rythym and balance
Warm Down	
2x50m	Easy Swim BP 4
2x50m	Swim as Choice Drill 25m plus Swim 25m
Total Metres	1750



Lane 2 Session
June 9th

Main Objectives
Race Phase

Secondary Objectives
Short Speed

Warm Up

1x100m Swim Easy

3x50m Swim 25m BP 4 + 25m choice BP (Repeat 3x)

1x100m Easy Swim

Technique Set

Posture and Balance

1x50m Kick 25m on Front/ Swim Back

1x50m Front Crawl Side Kick
25m on Side (switch sides half way) / Swim Back
(Arm extended but don't lean on arm/ body 45 degrees/ head straight)

1x50m Back Crawl Side Kick
25m on Side (switch sides half way) / Swim Back
(Arm extended but don't lean on arm/ body 45 degrees/ nose to ceiling)

2x25m Front Crawl Side Kick (RI 20s between lengths)
Kick 12 kicks/ 3 strokes / switch sides at half way
(Arm extended but don't lean on arm/ body 45 degrees/ head straight)

2x25m Single Arm 4/4 (RI 20s)
4 single arm strokes left/ 4 right and repeat for length
Breath on the 2nd Stroke!

2x25m Single Arm 2/2 (RI 20s)
2 single arm strokes left/ 2 right and repeat for length
Breath on the 2nd Stroke!

2x25m Catch Up BP3 (RI 20s)

SET 2

Aerobic Development

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

4x25m 80% Effort (RI 15s) (Rest 1:30 after 4x25m)

6x50m 75% Effort (RI 25s) (Rest 2:00 at end)

1x200m Steady Swim - Focus on rhythm and balance

Warm Down

2x50m Easy Swim BP 4

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

Total Metres 2050



Lane 3 Session June 9th

Main Objectives	Secondary Objectives
Race Phase	Short Speed
Warm Up	
1x100m	Swim Easy
3x50m	Swim 25m BP 4 + 25m choice BP (Repeat 3x)
1x100m	Easy Swim
Technique Set	
Posture and Balance	
1x50m	Kick 25m on Front/ Swim Back
1x50m	Front Crawl Side Kick 25m on Side (switch sides half way) / Swim Back (Arm extended but don't lean on arm/ body 45 degrees/ head straight)
1x50m	Back Crawl Side Kick 25m on Side (switch sides half way) / Swim Back (Arm extended but don't lean on arm/ body 45 degrees/ nose up)
2x25m	Front Crawl Side Kick (RI 20s between lengths) Kick 12 kicks/ 3 strokes / switch sides at half way (Arm extended but don't lean on arm/ body 45 degrees/ head straight)
2x50m	25m Single Arm 4/4 + swim back (RI 20s) 4 single arm strokes left/ 4 right and repeat for length Breath on the 2nd Stroke!
2x50m	25m Single Arm 2/2 + swim back (RI 20s) 2 single arm strokes left/ 2 right and repeat for length Breath on the 2nd Stroke!
2x50mm	Catch Up BP3 (RI 20s)
SET 2	
Aerobic Development	
Notes - "Off" means time of swim <u>and</u> rest before starting next interval	
1x200m	Steady Swim (at 1500m pace)
2x150m	70% Effort (RI 30s)
3x100m	75% Effort (RI 25s)
4x50m	80% Effort (RI 15s)
Warm Down	
3x50m	Easy Swim BP 4
Total Metres	2800



Lane 4 Session June 9th

Main Objectives
Race Phase

Secondary Objectives
Short Speed

Warm Up

1x100m

Swim Easy

3x50m

Swim 25m BP 4 + 25m choice BP (Repeat 3x)

1x100m

Easy Swim

Technique Set

Posture and Balance

1x50m

Kick 25m on Front/ Swim Back

1x50m

Front Crawl Side Kick
25m on Side (switch sides half way) / Swim Back
(Arm extended but don't lean on arm/ body 45 degrees/ head straight)

1x50m

Back Crawl Side Kick
25m on Side (switch sides half way) / Swim Back
(Arm extended but don't lean on arm/ body 45 degrees/ nose up)

2x25m

Front Crawl Side Kick (RI 20s between lengths)
Kick 12 kicks/ 3 strokes / switch sides at half way
(Arm extended but don't lean on arm/ body 45 degrees/ head straight)

2x50m

25m Single Arm 4/4 + swim back (RI 20s)
4 single arm strokes left/ 4 right and repeat for length
Breath on the 2nd Stroke!

2x50m

25m Single Arm 2/2 + swim back (RI 20s)
2 single arm strokes left/ 2 right and repeat for length
Breath on the 2nd Stroke!

2x50mm

Catch Up BP3 (RI 20s)

SET 2

Aerobic Development

1x200m

Steady Swim (at 1500m pace)

2x150m

70% Effort (RI 30s)

4x100m

75% Effort (RI 25s)

6x50m

80% Effort (RI 15s)

Warm Down

3x50m

Easy Swim BP 4

Total Metres

3100