



## Lane 1 Session June 16th

Swim Fitness  
Race Phase

Technical Objectives  
Catch & Stroke Pace (SLOW TO FAST)

### Warm Up

1x100m Swim Easy

6x25m RI between 10s  
BP4, BP3, BP4, BP5, BP6, BP2

### Technique Set Catch & Grip

#### DRILL 25m + SWIM 25m for each 50m

1x50m Catch Up BP3 (RI 20s)

1x50m Catch Up with WIDE ARMS BP3 (RI 20s)

1x50m HEAD UP swim (wide arms) (RI 20s)

1x50m HEAD UP with CATCH UP swim (wide arms) (RI 20s)

1x50m Double Arm Front Scull (RI 20s)

1x50m Single Arm Front Scull (1/2 Length L + 1/2 Length Right) (RI 20s)

1x50m Straight Swim (Focus in grip)

### SET 2 Aerobic Development

2x50m 80% Effort RI 20s

2x75m 80% Effort RI 25s

2x50m 80% Effort RI 20s

2x100m 80% Effort RI 30s

2x50m 80% Effort RI 20s

### Warm Down

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

2x50m Easy Swim

Total Metres 1800



Lane 2 Session  
June 16th

Swim Fitness  
Race Phase

Technical Objectives  
Catch & Stroke Pace (SLOW TO FAST)

**Warm Up**

1x100m Swim Easy  
8x25m RI between 10s  
BP4, BP3, BP4, BP5, BP6, BP8, BP4, BP2

**Technique Set** Catch & Grip

DRILL 25m + SWIM 25m for each 50m  
1x50m Catch Up BP3 (RI 20s)  
1x50m Catch Up with WIDE ARMS BP3 (RI 20s)  
1x50m HEAD UP swim (wide arms) (RI 20s)  
1x50m HEAD UP with CATCH UP swim (wide arms) (RI 20s)  
1x50m Double Arm Front Scull (RI 20s)  
1x50m Single Arm Front Scull (1/2 Length L + 1/2 Length Right) (RI 20s)  
1x50m Straight Swim (Focus in grip)

**SET 2** Aerobic Development

2x50m 70% Effort RI 20s  
2x75m 80% Effort RI 20s  
2x50m 70% Effort RI 20s  
2x100m 80% Effort RI 25s  
2x50m 70% Effort RI 20s  
1x150m 80% Effort RI 30s  
2x50m 70% Effort RI 20s

**Warm Down**

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

**Total Metres** 2400



Lane 3 Session  
June 16th

Swim Fitness  
Race Phase

Technical Objectives  
Catch & Stroke Pace (SLOW TO FAST)

**Warm Up**

2x100m Swim Easy

8x25m RI between 10s  
BP4, BP3, BP4, BP5, BP6, BP8, BP4, BP2

2x50m Easy Swim

**Technique Set**

Catch & Grip

DRILL 25m + SWIM 25m for each 50m

1x50m Catch Up BP3 (RI 20s)

1x50m Catch Up with WIDE ARMS BP3 (RI 20s)

1x50m HEAD UP swim (wide arms) (RI 20s)

1x50m HEAD UP with CATCH UP swim (wide arms) (RI 20s)

1x50m Double Arm Front Scull (RI 20s)

1x50m Single Arm Front Scull (1/2 Length L + 1/2 Length Right) (RI 20s)

1x50m Straight Swim (Focus in grip)

**SET 2**

Aerobic Development

2x50m 70% Effort RI 15s

2x75m 80% Effort RI 20s

2x50m 70% Effort RI 15s

2x100m 80% Effort RI 25s

2x50m 70% Effort RI 15s

1x150m 80% Effort RI 25s

2x50m 70% Effort RI 15s

**Warm Down**

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

2x50m Easy Swim

**Total Metres 2600**



Lane 4 Session  
June 16th

Swim Fitness  
Race Phase

Technical Objectives  
Catch & Stroke Pace (SLOW TO FAST)

Warm Up

2x100m Swim Easy

8x25m RI between 10s  
BP4, BP3, BP4, BP5, BP6, BP8, BP4, BP2

2x50m Easy Swim

Technique Set Catch & Grip

DRILL 25m + SWIM 25m for each 50m

1x50m Catch Up BP3 (RI 20s)

1x50m Catch Up with WIDE ARMS BP3 (RI 20s)

1x50m HEAD UP swim (wide arms) (RI 20s)

1x50m HEAD UP with CATCH UP swim (wide arms) (RI 20s)

1x50m Double Arm Front Scull (RI 20s)

1x50m Single Arm Front Scull (1/2 Length L + 1/2 Length Right) (RI 20s)

1x50m Straight Swim (Focus in grip)

SET 2 Aerobic Development

2x50m 70% Effort RI 15s

2x100m 80% Effort RI 20s

2x50m 70% Effort RI 15s

2x150m 80% Effort RI 25s

2x50m 70% Effort RI 15s

1x200m 80% Effort RI 25s

2x50m 70% Effort RI 15s

Warm Down

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

2x50m Easy Swim

Total Metres 2950