Technical Set (350m)
October 27th 2010

Phase	Techinical Objectives
Off Season	Stroke Pace and Stroke Timing

Technique Set

All strokes are SLOW to FAST

Whatever the timing of the stroke (CU/ Half CU/ or classic) the slow to fast is the same!!!

2x25m	**1x25m** **Half Length HEAD DOWN DOGGIE (CU Timing)** **Half Length Catch UP (CU)** **Repeat**
2x25m	**1x25m** **Half Length HEAD UP DOGGIE (CU Timing)** **Half Length Catch UP (CU)** **Repeat**
2x25m	**1x25m** **Half Length HEAD UP DOGGIE (CU Timing)** **Half Length HEAD DOWN DOGGIE (CU Timing)** **Repeat**
2x25m	**1x25m** **1/3 Length HEAD UP DOGGIE (CU Timing)** **1/3 Length HEAD DOWN DOGGIE (CU Timing)** **1/3 Length CU** **Repeat**
2x25m	**1x25m** **Half Length CU / 1/2 Length HALF CU** **1x25m** **Half Length HALF CU / Half Length NORMAL timing**
2x25m	**1x25m** **Half Length NORMAL / 1/2 Length HALF CU** **1x25m** **Half Length HALF CU / Half Length CU timing**
2x25m	**1x25m** **1/3 Length CU** **1/3 Length HALF CU** **1/3 Length NORMAL** **REPEAT**

Lane 1 Session
October 27th 2010

Phase Off Season	Techinical Objectives Stroke Pace and Stroke Timing
Warm Up	
1x100m	Easy
2x75m	70% Effort RI 20s
1x50m	70% Effort RI 20s
Technique Set	SEE OVER
Main Set	***Aerobic Development***
3x100m	SET BELOW THREE TIMES THROUGH with 2 mins between 85% Effort RI 25s Or Off 2:20s on the clock
Warm Down	
2x100m	Easy Swim
2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
Total Metres	1500

Lane 2 Session
October 27th 2010

Phase	Techinical Objectives
Off Season	Stroke Pace and Stroke Timing
Warm Up	
1x150m	Easy
2x100m	70% Effort RI 30s
Technique Set	SEE OVER
Main Set	***Aerobic Development***
2x75m	OFF 1:35s mins then Rest 1:30s
3x100m	SET BELOW THREE TIMES THROUGH with 2 mins between 85% Effort RI 25s Or Off 2:10s on the clock
Warm Down	
2x100m	Easy Swim
2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
Total Metres	1700

Lane 3 Session
October 27th 2010

Phase Off Season	Techinical Objectives Recovery / Entry and Catch
Warm Up	
1x200m	Easy
2x100m	70% Effort RI 30s
Technique Set	SEE OVER
Main Set	***Aerobic Development***
2x100m	OFF 2 mins then Rest 2 Mins
3x150m	THREE TIMES THROUGH with 2 mins between 85% Effort RI 25s Or Off 2:50s on the clock
Warm Down	
2x100m	Easy Swim
2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
Total Metres	2250

Lane 4 Session
October 27th 2010

Phase	Techinical Objectives
Off Season	Stroke Pace and Stroke Timing
Warm Up	
200m	Easy
2x100m	70% Effort RI 30s
Technique Set	SEE OVER
Main Set	***Aerobic Development***
4x150m	THREE TIMES THROUGH with 2 mins between 85% Effort RI 25s Or Off 2:40s on the clock
Warm Down	
2x100m	Easy Swim
2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
Total Metres	2500

www. T3 Performance.co.uk