

Technical Set (450m)
November 10th 2010

Phase
Off Season

Technical Objectives
RECOVERY

Technique Set

RECOVERY - Important as it sets the shoulder and elbow high for entry and increases the chances of a better fingers and forearm first catch

2x25m SINGLE ARM - STRAIGHT ARM RECOVERY

1/2 Length Left/ 1/2 Length Right
BP 2

2x25m SINGLE ARM 4-4 STRAIGHT ARM RECOVERY

BP2 on second stroke

2x25m SINGLE ARM 2-2 STRAIGHT ARM RECOVERY

BP2 on second stroke

2x25m CATCH UP STRAIGHT ARM RECOVERY

BP3 BI-LATERAL BREATHING

2x25m SINGLE ARM - HAND DRAG

1/2 Length Left/ 1/2 Length Right
BP 2

2x25m 1x25m SINGLE ARM 4-4 HAND DRAG

BP2 on second stroke

1x25m SINGLE ARM 2-2 HAND DRAG

BP2 on second stroke

2x25m CATCH UP HAND DRAG

BP3 BI-LATERAL BREATHING

2x25m SINGLE ARM -
2 Strokes HAND DRAG
2 Strokes HIGH RECOVERY
2 Strokes STRAIGHT ARM RECOVERY

SWITCH ARMS and REPEAT
BP 2 on 2nd Stroke

2x25m CATCH UP BP3
2 Strokes HAND DRAG
2 Strokes HIGH RECOVERY
2 Strokes STRAIGHT ARM RECOVERY

**Lane 1 Session
November 10th 2010**

Phase Off Season	Technical Objectives RECOVERY High Shoulder on Entry
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Warm Up

1x100m	Easy
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3x50m	70% Effort RI 10s
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<u>Technique Set</u>	SEE OVER
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Main Set

Aerobic Development

Down and Up Pyramid - Aerobic Threshold

Try and Keep Time Consistent

1x150m	85% Off 3:20
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1x100m	85% Off 2:20
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2x75m	85% Off 1:25
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2x50m	85% Off 1:15
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2x75m	85% Off 1:25
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1x100m	85% Off 2:20
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1x150m	85% Off 3:20
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Warm Down

1x100m	Easy Swim
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2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
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Total Metres	1800
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**Lane 2 Session
November 10th 2010**

Phase Off Season	Technical Objectives RECOVERY High Shoulder on Entry
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Warm Up

1x150m	Easy
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3x50m	70% Effort RI 10s
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<u>Technique Set</u>	SEE OVER
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<u>Main Set</u>	<u>Aerobic Development</u>
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Down and Up Pyramid - Aerobic Threshold

Try and Keep Time Consistent

1x150m	85% Off 3:10
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2x100m	85% Off 2:10
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2x75m	85% Off 1:15
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4x50m	85% Off 1:10
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2x75m	85% Off 1:15
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2x100m	85% Off 2:10
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1x150m	85%
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Warm Down

1x100m	Easy Swim
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2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
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Total Metres	2150
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**Lane 3 Session
November 10th 2010**

Phase Off Season	Technical Objectives RECOVERY High Shoulder on Entry
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Warm Up

1x200m	Easy
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3x50m	70% Effort RI 10s
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<u>Technique Set</u>	SEE OVER
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<u>Main Set</u>	<u>Aerobic Development</u>
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Down and Up Pyramid - Aerobic Threshold
Try and Keep Time Consistent

1x200m	85% Off 3:40
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1x150m	85% Off 2:50
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2x100m	85% Off 2:00
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4x50m	85% Off 1:00
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2x100m	85% Off 2:00
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1x150m	85% Off 2:50
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1x200m	85%
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Warm Down

1x100m	Easy Swim
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2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
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Total Metres	2300
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**Lane 4 Session
November 10th 2010**

Phase Off Season	Technical Objectives RECOVERY High Shoulder on Entry
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Warm Up

250m	Easy
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3x50m	70% Effort RI 10s
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<u>Technique Set</u>	SEE OVER
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<u>Main Set</u>	<u>Aerobic Development</u>
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Down and Up Pyramid - Aerobic Threshold

Try and Keep Time Consistent

1x200m	85% Off 3:30
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2x150m	85% Off 2:40
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2x100m	85% Off 1:50
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4x50m	85% Off 1:00
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2x100m	85% Off 1:50
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1x150m	85% Off 2:40
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1x200m	85%
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Warm Down

1x100m	Easy Swim
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2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
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Total Metres	2650
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