

**Lane 4 Session
January 5th 2011**

Phase Spring Development	Technical Objectives Rolling/ Breathing Technique
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Warm Up

2x150m	Easy Swim - Vary BP
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2x50m	Easy Swim BP 4 alternate sides each length
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<u>Technique Set</u>	SEE OVER
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<u>Main Set</u> <u>(1300)</u>	<u>Aerobic Development</u> Pyramid Up and Down Set
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4x50m	Off 55s 85%
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3x100m	Off 1:50 80%
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2x150m	Off 2:40 75%
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3x100m	Off 1:50 80%
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4x50m	Off 55s 85%
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Warm Down

1x100m	Easy Swim
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2x50m	Swim 2x50m as 25m Drill Choice + 25m Swim
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Total Metres	2300
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NEXT SWIM COURSES - JAN 29; FEB 12 - 2011

**Lane 4 Session
January 12th 2011**

Phase Spring Development	Technical Objectives Kick & Posture
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Warm Up

1x250m	Easy Swim - Vary BP
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2x100m	Easy Swim BP3
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Technique Set **SEE OVER**

Main Set **Aerobic Development**
(1350)

3x100m	Off 2:00 80%
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1x50m	Easy Recovery Rest 15s
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3x100m	Off 1:50 80%
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1x50m	Easy Recovery Rest 15s
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3x100m	Off 1:45 80%
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1x50m	Easy Recovery Rest 15s
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3x100m	Off 1:40 80%
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Warm Down

2x50m	Easy Swim
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3x50m	Drill 25m (choice) + Swim 25m
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Total Metres	2450
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NEXT SWIM COURSES - JAN 29; FEB 12 Mar 5 - 2011

**Lane 4 Session
January 19th 2011**

Phase Spring Development	Technical Objectives Balance Skills
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Warm Up

1x200m	Easy Warm Up
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1x150m	Change BP every 25m!!!
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Technique Set **SEE OVER**

Main Set **Aerobic Development**
(1800)

6x50m	Off 1min 75%
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Rest 1 Min

6x100	Off 1:55 85%
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Rest 2 Mins

6x50m	Off 1min 75%
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Rest 1 Min

6x100m	Off 1:55 85%
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Warm Down

4x50m	Drill 25m Swim 25 / RI 20s
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Total Metres	2750
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NEXT SWIM COURSES - JAN 29; FEB 12 Mar 5 - 2011