

FYU 1**Warm-up:****600**

200m relaxed

Fins

4 x 50m kick on side drill

4 x 50m as 25m 6/1/6 25m swim

Main set**Notes****900**

Using bands: all above CSS pace

6 x 50m band / pull buoy r10 only

6 x 50m bands only r10 only

6 x 50m perfect swim r10 only (no bands)

1 min recovery

**450
200**

4 x 75m T shirt – short turn at deep end r10

4 x 50m T shirt – bands r 10

1 min recovery

800

8 x 100m parachute pull / paddle on 1:45 send off

Bands prevent kicking helping focus on better rhythm and timing. Adds drag, encouraging catch and pull through powerfully

High stroke rate getting into catch early – stretch tall through core.

Cool-down:**3k**

50m Ez