

This swim session was written by myself and not cut and pasted from another coach website



Distance	Warm-up:	
600	300m relaxed re-group 6 x 50m as 25m Ez – 25m CSS	
	Main set:	Notes
600	3 x 200m pull as: 150m CSS – 50m sprint	Regroup as rest
600	6 x 100m pull/paddle as: R10 50m CSS – 25m Ez – 25m sprint	
600	12 x 50m as: 1,4,7,10 Ez 2,5,8,11 CSS 3,6,9,12 Sprint	Last in first off - Last in first off -
600	24 x 25m as: Even Ez – Odd sprint	
3100	Cool-down:	
	100	