

**FYU 2****Warm-up:****750**

100m relaxed

Fins

3 x 50m kick on side 25m - swim 25m

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

3 x 50m as 25m 6/3/6

200m swim relaxed focus on hand entry

**Main set****Notes****600**

Using bands: all above CSS pace

4 x 50m bands / pull buoy r10 only

4 x 50m bands only r10 only

200m perfect stroke

1 min recovery

T shirts pull / paddle set all quicker than CSS pace

25m r5 - 50m r5 - 75m r10 - 100m r15 100m r 15

75m r 10 - 50m r5 - 25m. Rest 1 minute bonus rest

**1k**

Repeat

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.

**2400****Cool-down:**

50m Ez