

Week 1: Technique session**Warm-up:**

5 minutes easy
 100 fins ↑ 25 kick on L side + 25 kick on R side ↓ 50m freestyle
 200 moderate freestyle
 200 fins ↑ 6/1/6 ↓ freestyle
 100 fast freestyle timed
 200 fins ↑ broken arrow ↓ freestyle

Drill set**Notes****800**

16 x 50 r15
 1 – 4. pull buoy (12 ½ scull #1 + 37 ½ freestyle)
 5 – 8. pull buoy (12 ½ scull #2 + 37 ½ freestyle)
 9 – 12. pull buoy with bands
 13 & 14. bands only
 15 & 16. pull buoy (12 ½ doggy paddle + 37 ½ freestyle)

Main set**800**

6 x 150 as: r20
 1 & 2. 50 easy - 50 moderate + 50 fast
 3 & 4. 50 easy - 100m fast
 5 & 6. pull buoy / paddles fast

If start to lose form miss out a 50

Cool-down:

50m Ez