

# Week 3: Technique



Warm-up:		
	5 min easy 3 x 100m as 25m Ez – 50m CSS – 25m fast R15	
Drill set		
<b>500</b>	50m as: 25m 6/1/6 + 25 freestyle regroup	
	100m as: 25m 6/3/6 + 75 freestyle	
	150m as 75 6/5/6 + 75 freestyle	
	200m as 100 6/1/6 + 100 freestyle	
<b>1000</b>	50m as 25 scull #1 + 25 freestyle	
	100m as 50 doggy paddle + 50 freestyle	
	150m as 75 fists drill + 75 freestyle	
	100 agility paddles + 100 freestyle	
	Main Set	
	10 x 100m as	
	1,2,3 pull paddles CSS r10	
	4,5,6 pull buoy B 3/5/7 r30	
	7,8,9 fast R15	
	50m sprints	
As many as can get completed (done as a group)		
Cool-down:		
	100	

Notes

Fins

Pull Buoy

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