

Endurance Session



Warm-up/ drills

900	200m easy 300m pull (100 b3 – 100 b5 – 100b7) 4 x 100m fins as: 1. ↑ 25 Side Kick L + 25 Side Kick R ↓ freestyle 2. ↑ 6/1/6 ↓ freestyle 3. ↑ 6/3/6 ↓ freestyle 4. ↑ broken arrow ↓ freestyle
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	Drill set	Notes
1600	4 x 400m as: #1 100m Ez – 100m CSS – 100m Ez – 100m CSS	Regroup as rest
900 400	3 x 300m as: #1 fast - # 2Ez pull - #3 fast 2 x 200m as: Alternate 50m sprint – 25m Ez – 25m sprint	Regroup as rest Keep good form

3.9	Cool-down:
	100

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