

Week 4: CSS session

Lane 4



Warm-up / drills		
800m	4 x 200m as: <ol style="list-style-type: none"> 1. easy freestyle 2. fins ↑ 6/1/6 ↓ freestyle. 3. fins shoulder tap ↑ freestyle ↓ 4. fins ↑ broken arrow ↓ freestyle 	
Main set		Notes
400m	4 x 100m CSS r10	
400m	2 x 200m CSS r20	
400m	8 x 50m paddle/pull fast r10	
600m	2 x 300m CSS pace regroup as rest	
400m	8 x 50m bands/pull/paddle r10	
Cool-down:		
3k	Easy swim down	