

Detail	Lane 4	Lane 3	Lane 2	Lane 1
Improve Kick technique				
Relaxed	200	200	200	200
Ballet leg kick & sink downs	5 mins	5 mins	5 mins	5 mins
Streamline push and glide	5 mins	5 mins	5 mins	5 mins
Focus on push off wall	1 x 100	1 x 100	1 x 100	1 x 100
3 x torpedo kick and swim back				
Torpedo kick with fins	1 x 100	1 x 100	1 x 100	1 x 100
Easy freesyle	1 x 100	1 x 100	1 x 100	1 x 100
Improve catch and feel for the water				
½ L scull #1 - ½ swim pull buoy	1 x 100	1 x 100	1 x 100	1 x 100
Freestyle focus on catching water	1 x 100	1 x 100	1 x 100	1 x 100
½ L scull #1 - ½ swim pull buoy	1 x 100	1 x 100	1 x 100	1 x 100
Freestyle focus on catch	1 x 100	1 x 100	1 x 100	1 x 100
½ L DP – ½ L swim pull buoy	1 x 100	1 x 100	1 x 100	1 x 100
Freestyle focus on bent elbow catch	1 x 100	1 x 100	1 x 100	1 x 100
½ L DP – ½ L swim pull buoy	1 x 100	1 x 100	1 x 100	1 x 100
Freestyle focus on bent elbow	1 x 100	1 x 100	1 x 100	1 x 100
Freestyle	? x 100	? x 100	? x 100	? x 100
Total Distance				