

Tuesday 17/1/17	Kit: Kickboard, pull buoy, fins & paddles
Technical Adaptation	Session Focus: Entry + Catch
Warm Up	500 S.K.I.P.S.
Main Set	4 x 100 finger paddles or finger strap ONLY (20 sec) 3 x 150 pull – Maximum power (30 sec) 2 x 300 swim – long + strong (30 sec)

Wednesday 18/1/17	Kit: Fins, kickboard, Paddles & fins
Technical Adaptation	Session Focus: Kick & DPS
Warm Up	200 Alt 50s Fr/Bk 2 x 150 kick – Max effort Middle 50 (20 sec) 4 x 25 – Start @ 5m – sprint 20m (2 nd from last is in) 200 Alt 50s Fr/Bk
Main Set	Fins: 4 x 50 MAX kick (15 sec) No Fins: 300 swim – DPS (30 sec) 2 x 200 paddles – Maximum Power (30 sec) 3 x 100 kick – Max effort (20 sec)

Friday 20/1/17		Kit: Kickboard			
Technical Adaptation	Session Focus: Kick + QUALITY yards				
Sub Set	200 free 4 x 75 kick (15 sec) 100 Back				
Main Set	100 @ S/R times:				
	Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6	
	2:15	2:00	1:50	1:45	
	Record Times				

Sunday 22/1/17		Kit: Fins, Kickboard, Pull Buoy & Paddles			
Technical Adaptation	Session Focus: Body Position + QUALITY yards				
Warm Up	500 S.K.I.P.S				
Sub Set	Fins: 4 x 50 45 degree kick (15 sec)				
2x	No fins: 4 x 75 616 (15 sec)				
Main Set	4 x 150 Paddles – build by 50 (30 sec) 2 x 200 pull – DPS (30 sec) 100 back 400 – FAST 100 back				