

Tuesday 19/01/2016		Kit: Fins & Kickboard
Technical Adaptation	Weekly Focus: Catch & Pull	
Warm Up	50 Back / 25 Front End scull 50 Free / 25 Mid Point scull 50 Free	
Sub Set 2x	FINS: All with 10 sec recovery 6 x 25 45° Kick 100 Free – Rotate body / Fixed head 6 x 25 45° Kick – Arm Over Barrel 100 Free – Rotate body / Fixed head / ↓Fingertips	
Main Set	3 x 100 kick – build per 100 (20 sec) 3 x 150 swim – Maintain times + Stroke counts (30 sec) 100 EZ back	

Wednesday 20/01/2016		Kit: Fins, pull buoy & kickboard
Technical Adaptation	Weekly Focus: Catch & Pull	
Warm Up	25 Back / 25 Free 50 Back / 50 Free 75 Back / 75 Free	
Sub Set	FINS: All with 10 sec recovery 4 x 50 45° Kick 4 x 50 45° Kick – Arm Over Barrel 4 x 50 F2W CU 4 X 50 Close Timing	
Main Set	200 pull – Focus D.P.S. (20 sec) 4 x 50 breathing 3/5/7/7 (15 sec) 150 pull – Focus D.P.S. (20 sec) 4 x 50 breathing 5/5/7/7 (15 sec) 100 pull – Focus D.P.S. (20 sec) 50 EZ back	

Friday 22/01/2016		Kit: Fins, pull buoy & kickboard			
Technical Adaptation	Weekly Focus: Catch & Pull				
Warm Up	75 free/ 75 back/ 75 pull/ 75 kick				
Sub Set 2x	<i>Fins: All with 10 sec recovery</i> 6 x 25 belly button pull 4 x 50 F2W CU 4 x 50 Close Timing				
Main Set	150 Strong Kick (20 sec)				
	5 x 100 @ S/R times:				
	Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6	
	2:15	2:00	1:50	1:40	

Sunday 24/01/2016		Kit: Kickboard & fins			
Technical Adaptation	Weekly Focus: Catch & Pull				
Warm Up	5 min Alt 50 Free / 50 Back 10 min Kick – Sprint on / off @ whistle				
Sub Set 5x	<i>FINS: All with 10 sec recovery</i> 1 x 50 45° Kick 1 x 50 45° Kick – Arm Over Barrel 1 x 50 F2W CU 1 x 50 Close Timing				
Main Set	<u>Timed 800 – Record times</u>				
	FOCUS: DPS / BREATHING / SKILLS / TECHNIQUE 200 EZ free / back 400 @ time + 12 sec 100 EZ 200 @ time + 5 sec 100 EZ 100 @ time + 2 sec 100 EZ				

