

Tuesday 17/3/15		Kit required: pull buoy & kickboard
General Preparation	Weekly Focus: En-2 Threshold Endurance	
Warm Up	100 back / 100 kick / 100 free	
Sub set	6 x 75 pull (10 sec) Build 1-3	
Main set	<p>The focus upon TECHNIQUE should never stop!</p> <ul style="list-style-type: none"> • Stroke counts • Times • Bilateral breathing <p>All swims @ CSS pace or 70-75%</p> <p>100 (30 sec) 200 (45 sec) 400 (60 sec)</p>	
Swim Down	200 ez	

Wednesday 18/3/15		Kit required: Kickboard
General Preparation	Weekly Focus: En-2 Threshold Endurance	
Warm Up	400 slow freestyle – perfect technique 4 x 50 kick – MAX effort (10 sec)	
Main set	<p>The focus upon TECHNIQUE should never stop!</p> <ul style="list-style-type: none"> • Stroke counts • Times • Bilateral breathing <p>4-6 x 300 @ CSS pace or 70-75% (30 sec) Javelin turns</p>	
Swim Down	200 ez	

Friday 20/3/15		Kit required: Kickboards (snorkels optional)
General Preparation	Weekly Focus: En-2 Threshold Endurance	
Warm Up	200 free 200 back (focus on hand close to the body)	
Sub set 2x	6 x 75 as: 2) Fists 2) Paws (10 sec) 2) Swim	
Main set	<p>The focus upon TECHNIQUE should never stop!</p> <ul style="list-style-type: none"> • Stroke counts • Times • Bilateral breathing <p>4 x 100 kick @ 80-85% effort (20 sec) 2 x 200 swim at 70-75% TECHNIQUE (20 sec)</p>	
Swim Down	200 ez	

Sunday 22/3/15		Kit required: Pull buoy, fins & paddles
General Preparation	Weekly Focus: En-2 Threshold Endurance	
Warm Up	100 free / 100 back / 50 free / 50 back / 25 free / 25 back / 50 free / 50 back / 100 free / 100 back	
Drills	<p>FINS:</p> <p>10 x 50 single arm free – stroke length & stretch (10 sec)</p>	
Main set 3x	<p>The focus upon TECHNIQUE should never stop!</p> <ul style="list-style-type: none"> • Stroke counts • Times • Bilateral breathing <p>300 paddles & pull buoy 300 paddles (30 sec) 300 swim</p>	
Swim Down	200 ez	

