

Tuesday 21/4/15	Kit required: pull buoy, kickboard, paddles & fins
Overload	Weekly Focus: En-2 Threshold Endurance
Warm Up	100 back / 200 free / 100 back
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 / 75%</p> <p>200 kick with Fins (30 sec) 2 x 100 kick without (20 sec) 50 MAX kick</p> <p>200 Pull with paddles (20 sec) 2 x 100 pull (10 sec) 50 MAX pull</p> <p>200 swim with Paddles & Fins (20 sec) 2 x 100 swim (10 sec) 50 MAX swim</p>
Swim Down	200 ez

Wednesday 22/4/15	Kit required: Kickboard (snorkels optional)
Overload	Weekly Focus: En-2 Threshold Endurance
Warm Up	200 ez free 4 x 75 kick (15 sec) 4 x 75 pull with Paddles (15 sec)
Main set	<p>The focus upon TECHNIQUE should never stop!</p> <ul style="list-style-type: none"> • Stroke counts • Times • Bilateral breathing <p>2 x 200 @ 75% (30 sec) 100 MAX 50 ez back</p>
Swim Down	200 ez

Friday 24/4/15	Kit required: N/A
Overload	Weekly Focus: En-2 Threshold Endurance
Warm Up	75 free / 75 back 4 x 50 choice drill (10 sec)
Main set	The focus upon TECHNIQUE should never stop! <ul style="list-style-type: none"> • Stroke counts • Times • Bilateral breathing 200 free repeats @ 80% (40 sec)
Swim Down	200 ez

Sunday 26/4/15	Kit required: fins, pull buoy & kickboard
Overload	Weekly Focus: En-2 Threshold Endurance
Warm Up	100 free / 100 pull / 100 kick / 100 back / 100 free
Drills	FINS: 4 x 50 kick short & sharp (15 sec) 4 x 50 swim short & sharp kick (15 sec)
Main set	The focus upon TECHNIQUE should never stop! <ul style="list-style-type: none"> • Stroke counts • Times • Bilateral breathing 150 as 50free/back/free (20 sec) 100 @ 80% (20 sec) 75 MAX 25 back
Swim Down	200 ez