

Tuesday 2000 Leisure Centre		Kit required: kick board	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
Drills	<p>100 free 6 x 50 high elbow – F2W CU (15 sec) 6 x 50 kick MAX EFFORT (20 sec)</p>		
2x	<p>4 x 200 DPS + TIMES (30 sec) 100 ez back 4 x 100 DPS + TIMES (20 sec) 100 ez back 4 x 50 DPS + TIMES (15 sec) 100 ez back</p>		

Swim Down	200 ez (mostly back)
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Wednesday 2030 Wally Hall		Kit required: Pull buoy & kick board	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
Drills	100 free 6 x 50 high elbow – F2W CU (15 sec) 6 x 50 pull DPS + TIMES (20 sec)		
Main set 2x	150 kick TIMES (20 sec) 150 swim DPS + TIMES (20 sec) 100 kick TIMES (15 sec) 100 swim DPS + TIMES (15 sec) 50 kick TIMES (10 sec) 50 swim DPS + TIMES (10 sec)		
Swim Down	200 ez		

Friday 2030 Wally Hall	Kit required: Pull buoy & kick board		
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
	100 free 6 x 50 high elbow – F2W CU (15 sec) 6 x 50 kick MAX EFFORT (20 sec)		
2x	5 x 100 pull build 1-5 (30 sec) 5 x 100 kick build 1-5 (30 sec) 5 x 100 swim build 1-5 (30 sec)		
Swim Down	200 ez		

Sunday 1800 Sevenoaks School		Kit required: Pull buoy & kick board	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
2x	100 free 6 x 50 high elbow – F2W CU (15 sec) 6 x 50 kick (1 st) pull (2 nd) DPS + TIMES (20 sec)		
Main Set	500 repeats (1 min) DPS + TIMES		
	200 ez		