

Tuesday 2000 Leisure Centre		Kit required: No kit	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
Drills	<p>100 free</p> <p>6 x 50 high elbow – F2W CU (15 sec)</p> <p>4 x 75 45° kick with one arm extended MAX EFFORT 2 left arm/ 2 right arm (20 sec)</p>		
	<p>100 free repeats @ 75% Max effort (30 sec)</p> <p>RECORD STROKE COUNTS & TIMES</p> <p>Keep these consistent</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) 4 x 75 45° kick with one arm extended MAX EFFORT 2 left arm/ 2 right arm (20 sec)		
Main set	4 x 150 pull (20 sec) 4 x 150 swim (20 sec) 100 MAX kick 50 ez back RECORD STROKE COUNTS & TIMES		
Swim Down	200 ez		

Friday 2030 Wally Hall		Kit required: kick board	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6

	<p>100 free</p> <p>6 x 50 high elbow – F2W CU (15 sec)</p> <p>4 x 75 45° kick with one arm extended MAX EFFORT 2 left arm/ 2 right arm (20 sec)</p>
	<p>300 kick (30 sec) 200 kick (30 sec) 100 kick (30 sec)</p> <p>Building kick effort as we progress through the set</p> <p>200 long strong free</p> <p>RECORD STROKE COUNTS & TIMES</p>
Swim Down	200 ez

Sunday 1730 Sevenoaks School		Kit required: Pull buoy & hand paddles	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
2x	100 free 6 x 50 high elbow – F2W CU (15 sec) 4 x 75 45° kick with one arm extended MAX EFFORT 2 left arm/ 2 right arm (20 sec)		
Main Set	400 free YOU MUST STROKE COUNT – you will ruin the rest of the set for yourself if you do not do this! ?????		
	200 ez		