

Tuesday 2000 Leisure Centre		Kit required: pull buoy & kickboard	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
	300 Stroke Count (30 sec) RECORD COUNT 100 MAX kick		
3x	ALWAYS STROKE COUNTING – KEEPING LOW 50 perfect freestyle 4 x 75 pull (15 sec) 4 x 75 swim (15 sec) 200 MAX 100 ez back		
Swim Down	200 ez (mostly back)		

Wednesday 2030 Wally Hall		Kit required: Pull buoy, kick board & fins	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
w/u	300 Stroke Count (30 sec) RECORD COUNT 100 MAX Pull		
Main set	300 kick MAX fins 100 70% kick 200 kick MAX fins 100 70% kick 100 kick MAX fins 100 70% kick		
Swim Down	200 ez		

Friday 2030 Wally Hall		Kit required: kick board	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
	<p>300 Stroke Count (30 sec) RECORD COUNT 100 MAX kick</p>		
	<p>4 x 400 (40 sec) 50 ez back between 400s</p> <p>1) 60% 2) 70% 3) 80% 4) MAX STROKE COUNT – keep consistent. Limit to one stroke increase per 400</p>		
Swim Down	200 ez		

Sunday 1730 Sevenoaks School		Kit required: kick board & hand paddles	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
	<p>300 Stroke Count (30 sec) RECORD COUNT 100 MAX kick</p>		
Main Set	<p>ALL BILATERAL BREATHING!</p> <p>200 MAX – RECORD TIME & STROKE COUNTS 1 min recovery</p> <p>4 x 50 – RECORD TIMES – Beat the time set on the 200. Lower the stroke counts. 20 secs recovery.</p> <p>4 x 50 – Hand paddles - RECORD TIMES – Beat the time set on the 200. Lower the stroke counts. 20 secs recovery.</p> <p>50 ez backstroke</p>		
	200 ez		