

Tuesday 2000 Leisure Centre		Kit required: pull buoy , kickboard & fins	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
	200 alt 50s fr/bk 4 x 75 F2W CU (10 sec) 4 x 75 fins pull to belly button & return (10 sec)		
	5 x 100 pull – STROKE COUNT (15 sec) 5 x 100 kick – CONSISTENT + STRONG (15 sec) 5 x 100 swim – STROKE COUNT (15 sec) 100 ez back		

Swim Down	200 ez (mostly back)
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Wednesday 2030 Wally Hall		Kit required: Pull buoy & fins	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
w/u	200 alt 50s fr/bk 4 x 75 F2W CU (10 sec) 4 x 75 fins pull to belly button & return (10 sec)		
Main set	300 Pull MAX 100 ez back (15 sec) 200 Pull MAX 100 ez back (15 sec) 100 Pull MAX 100 ez back (15 sec) 50 pull MAX 100 ez back		
Swim Down	200 ez		

Friday 2030 Wally Hall	Kit required: fins		
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
	<p>200 alt 50s fr/bk 4 x 75 F2W CU (10 sec) 4 x 75 fins pull to belly button & return (10 sec)</p>		
	<p>15/20 x 100</p> <p>Swim rest times: Lane 1 & 2 - 3.00 Lane 3 - 2.45 Lane 4 & 5 - 2.30 Lane 6 - 2.00</p> <p>Log - STROKE COUNTS & TIMES</p>		
Swim Down	200 ez		

Sunday 1730 Sevenoaks School	Kit required: kick board & fins		
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
	<p style="text-align: center;">200 alt 50s fr/bk 6/8 x 75 F2W CU (10 sec) 6/8 x 75 fins pull to belly button & return (10 sec)</p>		
Main Set	<p style="text-align: center;">1 x 300 kick pace 1 (30 sec) 2 x 200 kick pace 2 (30 sec) 3 x 100 kick pace 3 (30 sec)</p> <p style="text-align: center;">1 x 300 pull pace 1 (30 sec) 2 x 200 pull pace 2 (30 sec) 3 x 100 pull pace 3 (30 sec)</p> <p style="text-align: center;">1 x 300 swim pace 1 (30 sec) 2 x 200 swim pace 2 (30 sec) 3 x 100 swim pace 3 (30 sec)</p>		
	200 ez		