

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 fins pull to belly button & return (10 sec) 4 x 25 breath holding (20 sec)		
	300 swim – Stroke count 200 pull – stroke count 100 kick – short & sharp 300 pull 200 kick 100 swim 300 kick 200 swim 100 pull 1 min between sets 100 ez back		

Swim Down	200 ez (mostly back)
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Wednesday 2030 Wally Hall		Kit required: Pull buoy, kickboard & fins	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
w/u	200 alt 50s fr/bk 4 x 75 fins pull to belly button & return (10 sec) 4 x 25 breath holding (20 sec)		
Main set	STROKE COUNT + TIMES 200 swim MAX – record time 50 ez back 4 x 50 swim – beat 200 time (15 sec) 50 ez back 200 pull MAX – record time 50 ez back 4 x 50 pull – beat 200 time (15 sec) 50 ez back 200 kick MAX – record time 50 ez back 4 x 50 kick – beat 200 time (15 sec) 50 ez back		
Swim Down	200 ez		

Friday 2030 Wally Hall		Kit required: fins	
	Lane 1	Lanes 2, 3 & 4	Lanes 5 & 6
	200 alt 50s fr/bk 4 x 75 fins pull to belly button & return (10 sec) 4 x 25 breath holding (20 sec)		
	8 x 200 (40 sec) Build 1-4 Establish technique and hold Stroke count		
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 x 75 fins pull to belly button & return (10 sec) 6 x 25 breath holding (20 sec)</p>		
Main Set	<p style="text-align: center;">4 x 100 kick building 1-4 (30 sec)</p> <p style="text-align: center;">400 free 60%</p> <p style="text-align: center;">YOU MUST STROKE COUNT – you will ruin the rest of the set for yourself if you do not do this!</p> <p style="text-align: center;">???????</p>		
	<p style="text-align: center;">200 ez</p>		