

Tuesday 7/6/16		Kit required: Pull buoy + Paddles			
Meso-1	Weekly Focus: En-2 Threshold Endurance				
Warm Up	400 alt 100 back / free				
Sub Set	10 x 50 Pull + paddles (10 sec) Odds – DPS + steady Evens – DPS + Speed				
Main set	400s @ S/R times:				
	Lane	1	2 & 3	4 & 5	6
	Time	9:20	8:00	7:10	6:20
Target PB + 30-35 sec					

Wednesday 8/6/16		Kit required: Pull buoy & kickboard			
Meso-1	Weekly Focus: En-2 Threshold Endurance				
Warm Up 2x	100 free 4 x 75 1)kick 2)pull (15 sec) 100 back				
Main set	300 @ Race Pace (20 sec) 6 x 50 @ sub 300 PB (20 sec) 200 @ Race Pace (15 sec) 4 x 50 @ sub 200 PB (15 sec) 100 @ Race Pace (10 sec) 2 x 50 @ sub 100 PB (10 sec)				

Friday 22/4/16		Kit required: Kick board & pull buoy
Meso-1	Weekly Focus: En-2 Threshold Endurance	
Warm Up	500 S.K.I.P.S	
Repeat (dropping longest distance)	400 @ 9.20/8.00/7.20/6.40 (pb + 30-35) 300 @ 7.00/6.30/5.45/5.10 (pb + 20-25) 200 @ 4.50/4.20/3.45/3.20 (pb + 10-15) 100 @ 2.30/2.15/2.00/1.50 (pb + 4-8)	

Sunday 24/4/16		Kit required: fins & paddles										
Meso-1	Weekly Focus: En-2 Threshold Endurance											
Warm Up	100 back 6 x 50 choice drill (10 sec) 2 x 200 perfect free											
Sub set	6 x 400 @ S/R times: <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>Lane</td> <td>1</td> <td>2 & 3</td> <td>4 & 5</td> <td>6</td> </tr> <tr> <td>Time</td> <td>9:20</td> <td>8:00</td> <td>7:10</td> <td>6:20</td> </tr> </table>		Lane	1	2 & 3	4 & 5	6	Time	9:20	8:00	7:10	6:20
Lane	1	2 & 3	4 & 5	6								
Time	9:20	8:00	7:10	6:20								
	Target PB + 30-35 sec											
Main set	4 x 100 free paddles + fins – all under P.B pace (30 sec) 200 @ P.B + 20 sec 100 ez back											