

|          | sets | Session 1        | sets | Session 2       | sets | Session 3                         | sets | Session 4                               | sets | Session 5        |
|----------|------|------------------|------|-----------------|------|-----------------------------------|------|---|------|------------------|
| WARMUP   | 3 x  | 100m FR          | 3 x  | 100m FR         | 1 x  | 500m FR                           | 10 x | Kick/FR/BR                              | 2 x  | 25m run          |
|          | 2 x  | 50m kick         | 2 x  | 50m BK          |      |                                   |      |   | 4 x  | 100m FR/BK/BR/FR |
|          | 2 x  | 100m drill       | 2 x  | 100m unco drill |      |                                   |      |   | 6 x  | 100m FR          |
|          | 1 x  | 100M BR          | 1 x  | 100m BR         |      |                                   |      |   |      |                  |
| MAIN SET | 6 x  | 50M walk sprints | 4 x  | 50m on 1 min    | 10 x | 50m partner tows                  | 2 x  | 100m catchup                            | 1 x  | 200m FR @ 50%    |
|          | 2 x  | 150m sprint/easy | 2 x  | 100m on 2 min   | 1 x  | 100m easy                         | 2 x  | 100m of 5 r/arm, 5 l/arm, 5 full stroke | 2 x  | 100m FR @ 70%    |
|          | 1 x  | 300m max effort  | 1 x  | 200m on 4 min   | 8 x  | 25 partner kicks, change partners | 2 x  | 100m double arm BK                      | 3 x  | 50m FR @ 90%     |
|          | 1 x  | 50m walk         | 2 x  | 100m on 2 min   | 1 x  | 200m easy                         | 2 x  | 100m double kick BR                     | 2 x  | 100m FR @ 70%    |
|          |      |                  | 4 x  | 50m on 1 min    |      |                                   | 2 x  | 100m 10 kicks on side 3 strokes repeat  | 1 x  | 200m FR @ 50%    |
|          |      |                  |      |                 |      |                                   | 2 x  | 100m fast kick free                     |      |                  |
| COOLDOWN | 2 x  | 100m drill       | 1 x  | 150m FR         | 4 x  | 150m FR/BK/BR                     | 4 x  | 100m pull FR                            | 1 x  | 300m easy        |
|          | 1 x  | breathe 2-7, 7-2 | 1 x  | 150m BK         |      |                                   |      |   |      |                  |
|          |      |                  | 1 x  | 150, BR         |      |                                   |      |   |      |                  |
| TOTAL    |      | 2050m            |      | 2150m           |      | 2100m                             |      | 2350m                                   |      | 2100m            |