

	sets	Session 1	sets	Session 2	sets	Session 3	sets	Session 4	sets	Session 5
WARMUP	3x	100m FR	3x	100m FR	1x	400m FR	8x	Kick/FR/BR	2x	25m run
	2x	50m kick	2x	50m BK					4x	50m FR/BK/BR/FR
	2x	75m drill	2x	75m unco drill					6x	100m FR
	1x	100M BR	1x	100m BR						
MAIN SET	6x	50M walk sprints	4x	50m on 1 min	10x	50m partner tows	2x	100m catchup	1x	200m FR @ 50%
	2x	100m sprint/easy	2x	100m on 2 min	1x	100m easy	2x	100m of 5 r/arm, 5 l/arm, 5 full stroke	2x	100m FR @ 70%
	1x	200m max effort	x	200m on 4 min	8x	25 partner kicks, change partners	2x	100m double arm BK	3x	50m FR @ 90%
	1x	50m walk	2x	100m on 2 min	1x	100m easy	2x	100m double kick BR	2x	100m FR @ 70%
			4x	50m on 1 min			2x	100m 10 kicks on side 3 strokes repeat	1x	200m FR @ 50%
							2x	100m fast kick free		
COOLDOWN	2x	100m drill	1x	150m FR	4x	75m FR/BK/BR	4x	100m pull FR	1x	200m easy
	1x	breathe 2-7, 7-2	1x	100m BK						
			1x	100m BR						
	1900m		2000m		2000m		2200m		2000m	