

TUFF'N'UP tri squad

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Legend	
FR	Freestyle
BK	Backstroke
BR	Breaststroke
Kick	Use kickboard
@%	Effort
Drill	Any drill you know (specific movements done repetitively to improve technique)
Catchup	Freestyle, pull one arm at a time, touch your hands together out front between each alternating arm stroke.
distance on time	eg 50m on 1 min; Swim 50m every 1 minute
Partner Tows	Both swim with pull buoy. One swims freestyle (arms only) towing partner while partner holds swimmers ankles. Swap.
Partner Kicks	Both swim with pull buoy, front swimmer with kickboard, ankles held by partner at rear. Rear swimmer kicks, pushing front swimmer forwards. Swap.
Pull	Concentrate on 'pulling' strongly through water.
Unco	One-handed stroke, breathing on same side as the arm stroke
Breath 2-7, 7-2	One breath every 2nd stroke for 1 lap, then one breath every 3rd stroke for 1 lap, building to every 7th stroke, then reverse.
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	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	