Training Schedule in the run up to a competition

Two weeks before event

FC 24L. 3 x (4full 1K 1P 2 full R10s)

6 Back stretch

IM 4 x 4x1 FKPF

Own choice – pace swim 6 x 2 R15s

FC 4 x 8

1) 8 R 30s
2) 2 x 4 R10s & Ro. Stronger
3) 4 x2 R 10s
4) 8 x1 R10s 1 strong , 1 distance per stroke

Swim down

One week before event

FC 20 6 full 1K 2 catch up 1 full strong R10s repeat

Own choice 4L FKPF
4 x 2L R30s negative splits

FC 12L 1dps (1/2 strong ½ stretch) R 30s
2 x 6 R 30s Even pace
4 x 3 R30s 1dps 2 descending

Dives and ½ length sprints

Swim down