

Selected sessions from August 2007 - aimed at stamina.

### Workout 1

Warm up 14 L 6 full 1 L K 1L Pull 6 L Full 14 L

IM 4 X 4 X1 L F, K, P, Full 16 L

Own Choice 4 L FKPF EXPERIMENT

3 x 2L Pace swim 10 L

Any other stroke stretch recovery swim 4 L

CR 10 L R 20 s

8 L “

6 L “

4 L “

2 L Last length SPRINT 30 L

Swim down

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78

Lengths

### Workout 2

. W/U Own choice, own drills, moderate speed for 10 minutes

CRAWL 12 L note time R 20s

2 X 6 L R 20s incr. speed by 2 s

6L R 10 s 2 X 3L Hold 6Ltime R 20s

48 L

4 X 3 L Stretch 1<sup>st</sup> L increase thro' 2 & 3

16 L            IM            4 x 4x1 full, kick pull full

SWIM DOWN    Own Choice

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### Workout 3

16 L            CR/BK 4 X 4

16 L            IM    4 X 4X1            F, K, P, F

### SUPERSET

CRAWL        2 L FLAT OUT 4 L SLOWER 8 L SLOWER

ANY OTHER STROKE        ABOUT 6 L

CRAWL    As above

Other stroke    about 6L

Own Choice    Swim down