

CORMORANTS JUNE 2ND (2 WEEKS TO GB'S)

W/U CR 12 L BK 2 L CR 12 L

IM 4x1 Stretch all strokes

CR 10 L R 10 sec 8 L R 10 s 4 L R 10 s 2L

Gradually increase speed as distance decreases

OWN CHOICE 4 L FKPF

NEGATIVE SPLITS 4 x 2 L R 15 secs (HARD work)

Any other stroke 4 L Easy

CR 4 x 3 L STRONG Length 2

Easy IM swim down

CORMORANTS June 9th (One week to GB's)

W/U CRAWL 14 L KICK L 3, 6, 9, 12

Own Choice 4 L Stretch

CRAWL super sets

2 L VERY FAST, No stop, 4 L slower, 8L slower still

Bk 4 L recovery swim Rest 30 secs

Repeat whole 18 lengths Rest again

Repeat again Note times and effect on pulse rate

Own choice 4 x 4 L Length 3 swim strong Rest 30 secs

EZ IM Swim down

CORMORANTS June 16th (GB's at weekend)

LONG WARM UP ABOUT 10 MINS INCLUDE DRILLS

DIVES/ RACING STARTS + 4, 8, 12 STROKES at race pace ease off
Easy pace (or drill) swim back

CRAWL 12 L Even pace Rest 10 secs 6 L rest 10s 2 x 3 L rest 20 secs

Own Choice Turns about 10 mins

“ “ 4 x 2 Drill up Full stroke back Rest 20 secs

Easy IM Swim Down

CORMORANTS JUNE 23RD (Surrey's 28th & 4 Weeks to Barnet)

W/U CR/BK 4/4 6/4 8/4

Own Choice 4 L FKPF

“ “ 4 X 2 I Drill/Full Rest 10 secs

Still own choice (change if you wish) 8 L EVEN Pace

CR 8L R10s 10 L R 10s 8 L Even Pace

2 L R 10 s 4L R 10 s 2 L
STRONG STRETCH STRONG

If time repeat

IM Swim Down

CORMORANTS JUNE 30th (3 weeks to Barnet Distance meet)

W/U VERY EASY CR/ BK 2/2 4/4 2/2

IM 4 x 4 F K P F

OWN CHOICE 4L Easy > Strong Rest 20 secs
3 L " " " 30
2 L " " " 1 min !! not easy

SPRINT 1 LENGTH

Any other stroke 4 L EZ

CR. 3 x 6 L Rest 30 s Even Pace

EZ IM Swim down