

CORMORANTS

Monday Sept 22nd

W/U CR/BK 6/6 4/4/ 2/2 (K 1L P 1L Each stroke)

*OWN CHOICE 8 L ½ L STRONG ½ L Stretch

4 L Even Pace

Set Target Time 2 x 2 L Rest 15s

Hold Target Time 8 Lengths

EZ any stroke recovery swim about 4 mins

CRAWL Repeat above *

Swim Down IM

STRETCH

Cormorants

Mon Sept 29th

CR/BK 4/4/ Full 4/4 Drills 4/4 Full stroke

OWN CHOICE

8 x 1 Rest 30 secs V. Strong

6 Lengths any stroke recovery

CRAWL

4 x 6 Lengths Even Pace note L5

6 x 4 Stronger Rest 30 secs

Swim down IM

STRETCH