

2008 Sessions

January 7th

W/U CR 12 L BK 8L Own Ch 6 L

IM 4 x 4x1 F,K,P,Full

CR 3 x 6 L 1) ½ L stretch ½ L Strong R15s

2) Reverse R 15s

3) Even pace (note time)

Own Choice 4 x 3 R 20 s 1L drill 2L full stroke

6 Single length sprints own choice of stroke

Swim down

January 14th

W/U Cr 12 L Own Ch 4 L F,K, P, F

TURN Practice +/- 10 min

Own Choice 4 x 3 L 1 min rest between each

HIGH QUALITY SWIMS

CR easy start then increase pace gradually

4 x 6 L R 30 secs

4 x 3 L R30s STRONG

SWIM DOWN start strong then ease off (use drills)