

KINGS CORMORANTS MON JULY 21st

CR 12 L Rest 20 secs

10 L Full Kick Pull Full X 2 AND 2 L FULL Rest 20s

8 L Fly/ free Back/free Breast/ free 2 L free Rest 20 s

6 L 1 L stretch 1 L strong repeatedly Rest 20s

4 L ½ L strong ½ L stretch “ Rest 20 s

2 L negative split

Own choice 6L EZ

4 x 2 R 30 s

IM 5 x 4x1

- 1) strong ‘fly
- 2) “ back
- 3) “ breast
- 4) “ free
- 5) ALL EZ

CORMORANTS MONDAY JULY 28th

CR 12 IM 4x1 CR 10

OWN CH 8 L F, K, P, F x 2

“ “ 6 x 2 L R 30 secs

CR 12 L rest 20 s

2 x 6 “ 20 s

4 x 3 “ 15 s

S/D IM Drill Full

CORMORANTS WED JULY 30TH

W/U CR 16 L BK 4 L

CR 12 BK 4 L

CR 10 BK 4 L

OWN CHOICE 4 x 3 L Rest 30 s EVEN PACE

TURN PRACTICE approx 5 min,

CR 6 x 2 L Neg splits Rest 30 s

EZ swim down STRETCH