

Deirdre Kearney, Swim Ireland Level 2 Coach

Session 10	Training Classification	Mileage
Aim(s): speed set, 2000m total		
<p>W/Up</p> <p>21 x 50 f/c – 10 sec rest 1 pull, 1 kick, 1 swim x 7</p> <p>300 f/c, bi/lat, dps, 10m fast off and into all walls, focus is on preparing for speed main set</p>	<p>A2</p> <p>A1/SPEED</p>	<p>600m</p> <p>300m</p>
<p>Speed Set</p> <p>20 sec rest after each 50</p> <p>4 x 50 – 25 fast, 25 eze 100 eze, active recovery</p> <p>4 x 50 – 25 eze, 25 fast 100 eze, active recovery</p> <p>4 x 50 – 25 fast, 25 eze 100 eze, active recovery</p>	<p>SPEED</p>	<p>900m</p>
<p>S/Down</p> <p>200 choice</p>	<p>A1</p>	<p>200m</p>
<p>Total</p>		<p>2000m</p>