

Session 1	Training Classification	Mileage
Aim(s): main set 1000m aerobic, 2000m total		
W/Up (fins optional) 10 x 50 f/c, 15 sec rest Odd - 25 f/c drill choice, 25 f/c swim Even - 25 f/c swim, 25 f/c drill choice	A1	500m
Speed Set 6 x 50 f/c, 30 sec rest after each 50 1 st 50 – 15m fast 35m eze 2 nd 50 – 25m fast 25m eze 3 rd 50 – 35m fast 15m eze x 2 focus on streamline (s/line), no breathing and good breakouts off the wall	SPEED	300m
Main Set 1 x 50 f/c - 10 sec rest 1 x 100 f/c - 10 sec rest 1 x 150 f/c - 20 sec rest 2 x 200 f/c - 20 sec rest 1 x 150 f/c - 20 sec rest 1 x 100 f/c - 10 sec rest 1 x 50 f/c - 10 sec rest focus on bi-lateral (bi/lat) breathing, distance per stroke (dps)	A2	1000m
S/Down 200 choice	A1	200m
Total		2000m