

Deirdre Kearney, Swim Ireland Level 2 Coach

Session 4	Training Classification	Mileage
<b>Aim(s):</b> main set 1600m aerobic, 2500m total		
<b>W/Up</b> (fins optional)  12 x 50 f/c - 15 sec rest Odd – 25 arm drill, 25 swim Even – 25 leg drill, 25 swim  4 x 50 f/c, dps & count strokes per length	A1          A1	600m          200m
<b>Main Set</b>  1 x 200 f/c – 20 sec rest 6 x 100 f/c – 10 sec rest 1 x 200 f/c – 20 sec rest 6 x 100 f/c – 10 sec rest  focus on bi/lat, dps	A2	1600m
<b>S/Down</b>  200 choice	A1	100m
<b>Total</b>		2500m