

Deirdre Kearney, Swim Ireland Level 2 Coach

Session 5	Training Classification	Mileage
<p><b>Aim(s):</b> main set 2000m aerobic, 3000m total</p>		
<p><b>W/Up</b> (fins optional)</p> <p>4 x 50 f/c – 25 kick drill, 25 swim - 10 sec rest            1 x 100 f/c – 25 kick drill, 75 swim - 10 sec rest  <b>x 2</b></p>	A1	600m
<p><b>Main Set</b></p> <p>4 x 200 f/c - 20 sec rest            4 x 150 f/c - 20 sec rest            4 x 100 f/c - 10 sec rest            4 x 50 f/c - 10 sec rest</p> <p>focus on bi/lat, dps</p>	A2	2000m
<p><b>Tech/Recovery Set</b></p> <p>8 x 50 f/c recovery - 10 sec rest            Odd - 25 arm drill, 25 swim            Even - 25 swim, 25 arm drill</p>	A1	400m
<p><b>Total</b></p>		3000m