

Deirdre Kearney, Swim Ireland Level 2 Coach

Session 2	Training Classification	Mileage
Aim(s): main set 1000m aerobic, 2000m total		
<p>W/Up (fins optional)</p> <p>2 x 50 f/c - 25 f/c drill choice, 25 f/c - 10 sec rest 1 x 100 f/c - 50 f/c drill choice, 50 f/c - 10 sec rest x 3</p>	A1	600m
<p>Main Set</p> <p>1 x 200 f/c - 20 sec rest 2 x 100 f/c - 10 sec rest 2 x 50 f/c - 10 sec rest x 2</p> <p>focus on bi/lat breathing, dps</p>	A2	1000m
<p>Speed Set</p> <p>4 x 50 f/c - 30 sec rest after each 50 1st 50 – 15m fast 35m eze 2nd 50 – 25m fast 25m eze 3rd 50 – 15m fast 35m eze 4th 50 eze</p> <p>focus on s/line, no breathing and good breakouts off the wall</p>	SPEED	200m
<p>S/Down</p> <p>200 choice</p>	A1	200m
Total		2000m