

Deirdre Kearney, Swim Ireland Level 2 Coach

| Session 3 | Training Classification | Mileage |
|---|-------------------------|---------|
| Aim(s): main set 1500m aerobic, 2500m total | | |
| W/Up 6 x 100 f/c - 10 sec rest Odd - 25 drill, 75 swim Even - 75 swim, 25 drill | A1 | 600m |
| Speed Set 2 x 100 f/c - 15 sec rest 10m fast off and into all walls | SPEED | 200m |
| Main Set 1 x 400 f/c - 20 sec rest 2 x 50 f/c, build each 50 - 10 sec rest 2 x 200 f/c - 20 sec rest 2 x 50 f/c, build each 50 - 10 sec rest 4 x 100 f/c - 10 sec rest 2 x 50 f/c, build each 50 - 10 sec rest focus on bi/lat, dps | A2 | 1500m |
| S/Down 200 choice | A1 | 200m |
| Total | | 2500m |