

Deirdre Kearney, Swim Ireland Level 2 Coach

Session 6	Training Classification	Mileage
Aim(s): main set 2000m aerobic, 3000m total		
W/Up 9 x 100 f/c, 20 sec rest 1 pull, 1 kick, 1 swim x 3	A1-A2	900m
Main Set 2 x 200 f/c – 20 sec rest 4 x 100 f/c – 10 sec rest 2 x 200 f/c – 20 sec rest 4 x 100 f/c – 10 sec rest 2 x 200 f/c – 20 sec rest focus on bi/lat, dps	A2	2000m
S/Down 200 choice	A1	200m
Total		3000m