

Deirdre Kearney, Swim Ireland Level 2 Coach

Session 9	Training Classification	Mileage
Aim(s): speed set, 2000m total		
<p>W/Up</p> <p>12 x 50 f/c – 10 sec rest 1 pull, 1 kick, 1 swim x 4</p> <p>400 f/c, bi/lat, dps, 10m fast off and into all walls, focus is on preparing for speed main set</p>	<p>A1</p> <p>A1/SPEED</p>	<p>600m</p> <p>400m</p>
<p>Main Set</p> <p>20 sec rest after first 50</p> <p>2 x 50 f/c build to max speed 100 eze, active recovery</p> <p>2 x 50 f/c, 20m fast, rest eze 100 eze, active recovery</p> <p>2 x 50 f/c, 40m eze, 20m fast 100 eze, active recovery</p> <p>2 x 50 f/c fast, all out 100 eze, active recovery</p>	<p>SPEED</p>	<p>800m</p>
<p>S/Down</p> <p>200 choice</p>	<p>A1</p>	<p>200m</p>
Total		2000m