

MONDAY 24th JUNE 2013

300 FC = as in 3 x 100(Swim Pull Swim Continuous)

200FC + as in 2 X 100 (swim pull continuous)

300 IM or mixed = 3 x 100 = Pull Kick Drill = (20 sec rest between each 100)

200 Mixed + 2 x 100 + pull kick + (30 sec rest between each 100)

6 x 50 + Alt 50 Free style 50 not free style = (75 seconds)

4 x 50 + Alt 50 Free style 50 not free style = (75-seconds)

200 = 50 Pull 50 Kick (Use 2 strokes 25m of each Continuous)

150 = 50 Pull 50 Kick (Use 2 strokes 25m of each Continuous)

8 x 25= Odds= Speed 10m out Evens = Speed 10m in (OFF 35 seconds)

8 x 25= Odds= Speed 10m out Evens = Speed 10m in (OFF 40 seconds)

200 swim down

200 swim down.

1600 meters

1150 meters