

Swim session 20/05/13
Anaerobic Threshold session

WARM UP (200m) Easy

100m F/C – high elbows, hands low
100m F/C PULL – Focus on good body roll

F/C DRILLS (400m)

10 second rest intervals between each set

3 x 50m F/C – 2 Left arm/2 right arm
Long strokes – Breathing in on your second pull

2 x 50m F/C – Pause for a second on recovery when hand is level with head

1 x 50m F/C – CHOICE DRILL

KICK SET (200m)

15 sec rest intervals between each set

2 x 50m F/C – 6 kicks to left, 6 to the right, repeat

2 x 50m CHOICE – Threshold on 1.20

MAIN SET (900m)

Pyramid set

50m, 100m, 150m, 200m, 150m, 100m, 50m

50m on :45

100m on 1.30

150m on 2.15

200m on 3.00

100m B/C – Easy

SWIM DOWN (200m)

200m CHOICE

TOTAL: 1,900m