

**Swim session 29/07/13**

**IOW Marlins**

**WARM UP (200m) Easy**

200m F/C – Nice long strokes

**DRILL SET (200m)**

20 sec rest between each set

2 x 25m Catch up remembering to glide

2 x 50m F/C Pull with high elbows and finger drag

2 x 25m F/C – 2 Left arm, 2 right arm (repeat) – breathe in on second pull

**KICK SET (150m)**

30 sec rest between each set

2 x 50m Kick on your front for 25m, and back 25m

50m Choice kick

**MAIN SET (1000m)**

5 x 100m B/C Going up – F/C Coming back (30 sec rest period)

10 x 50m F/C slow 25m, sprint back 25m (15 sec rest period)

**WARM DOWN (300m)**

300m Recovery swim, very slow

**TOTAL: 1850m**

B/C – Back crawl

F/C – Front crawl