



**Warm up**

200m easy freestyle, loose relaxed shoulders +20 sec rest

**Drill Set #1 (with fins)**

25m torpedo kick then 25m freestyle +20 sec rest

50m 6/1/6 then 50m freestyle +20 sec rest

75m 6/3/6 then 75m freestyle +20 sec rest

100m 6/5/6, then 100m freestyle +20 sec rest

**Drill Set #2 (with pull buoy)**

4x100m pull as 25m sculling then 75m freestyle (\*remember finger tips lower than wrist on scull drill, squeeze shoulder blades together\*)

**Main Swim Set**

4x200m as 50m easy, 100m moderate, 50m easy +20 sec rest

**Cool down**

200m easy choice +20 sec rest