

2100m Fresh & Fruity Session



Warm up

100m easy freestyle +20sec rest

100m pull buoy, think over a barrel, fingers enter first
+20sec rest

100m fins, tight kick thighs together +20sec rest

100m steady freestyle +20sec rest

Drill Set

4x50m fins Broken Arrow up, freestyle down +20sec rest

4x50m fins 6/1/6 up, freestyle down +20sec rest

Main Set

2x	50m easy freestyle +10sec rest
	100m easy freestyle +10sec rest
	150m steady freestyle +20sec rest
	200m pull w/paddles +20sec rest
	50m fast +30sec rest

Cool down

200m easy freestyle or alt stroke