

Lane 1

Load: Hard

Focus: IM/Mixed strokes

TSS' calculated for CSS of 28 sec/25m (Band 2 - AC, AN, SR, RT, LW, MS, GP). Band 1 swimmers (AA, CE, DC, EM, FZ, KO, Nadia) should multiply TSS x 25/28.

12-Mar-22	2400				
WARM UP AND COOL DOWN TECHNIQUES					
<u>WARM UP</u>		TSS' 81 IF 0.94			Zone
	400 Free	<i>NICE AND EASY</i>		400	2.8
	2 x 100 best stroke	<i>90%, 95%</i>	<i>RI 40-60 secs</i>	200	5
	4 x 50 choice stroke	<i>15 fast, 35 cruise</i>	<i>RI 20 secs</i>	200	5
	4 x 25m choice	<i>from a dive fast</i>	<i>walk back</i>	100	6
<u>MAIN SET</u>					
PULL BUOY	6 x 50 Free		<i>on 1.00</i>	300	5
	200 Back easy			200	2
	6 x 50 choice stroke		<i>on 1.10/1.20</i>	300	5
	200 Breast easy			200	2
FINS	6 x 50 Fly	<i>25 swim/25 kick</i>	<i>on 1.10/1.20</i>	300	5
<u>COOL DOWN</u>					
	200 easy free			200	2
	10 mins - practice breastroke pullouts				
				2400	

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12-Nov-22		2200	TSS' 81 IF 0.93	Hard
<u>w/up</u>	WITH FINs		<small>81.2</small>	
400	IM	25 DRILL/25 SWIM		400
		NB: your choice drills		
Main set	no fins			
6 x 150 on 3.30	IM rotation: 50 of each stroke, continue the next 150 where you left off			900
200	choice kick with fins	Reduce intensity per lap from Z5 to Z2		200
300 Free Z4				300
8x50 Alt Free/Form	on 1.00			400
Cool Down	200 Your choice			200
				2200

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29-Oct-22		2400	TSS' 79 IF 0.87	Hard
			79.33333333	
<u>WARM UP</u>	5 x 200 as 100 Free/50 back/50 breast.	<i>RI 15. Increase intensity</i>		1000
<u>MAIN SET</u>	400 Timed choice stroke			400
	12 x 50 free kick (fins) as 25 hard/25 easy	<i>With fins on 1.10</i>		600
	4 x 50 IM switch ie Fly/Ba Ba/Br Br/Fr Fr/Fly	<i>On 1.10</i>		200
<u>FORM</u>				200
<u>COOL DOWN</u>	200 easy choice			200
				2400

Lane 1

Load: Hard

Focus: BA

TSS' calculated for CSS of 28 sec/25m (Band 2 - AC, AN, SR, RT, LW, MS, GP). Band 1 swimmers (AA, CE, DC, EM, FZ, KO, Nadia) should multiply TSS x 25/28.

8-Oct-22	2500	TSS' 82 IF 0.87	Hard	
				82.13333333
<u>WARM UP</u>	8 minute swim 4 min free paddles/pull			600
<u>BACK DRILLS</u>	100 BACK KICK 100 1-ARM BACK 100 BACK L-DRILL 100 BACK THROWING STONES	WITH FINS		400
<u>MAIN SET BACK PYRAMID</u>	4 X 50 BACK 100 BACK 1 X 200 BACK/BREAST 100 BACK/BREAST 4 X 50 BACK/BREAST 100 EASY CHOICE	85% effort 15 sec RI		900
<u>FORM</u>	8 X CHOICE FORM ON 1.15			400
<u>COOL DOWN</u>	200 EASY KICK			200
				2500