

Lane 1 Load: Moderate Focus: BR, FR CSS

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.

30-Jan-21	2300	TSS' 74 IF 0.85		
<u>w/up</u>				
100	FR	easy	Z2	100
100	IM			100
100	rev IM			100
4x50	FR	Zone 5	on 1:05	200
Main set				
100	FR CSS pace		1 bp rest	100
200	FR CSS pace, check time, opt adjust		2bp rest	200
400	FR CSS pace		2bp rest	400
BR set				
100	BR kick			100
100	BR separation drill			100
4x50	BR sep drill + count strokes (minimise)			200
4x50	BR desc times	starting Z4	RI 2 min after	200
200	BR time trial			200
<u>c/down</u>				
100	K fins on BA, 1-arm ext, ch25			100
200	BA fins easy			200
				2300

Lane 1 Load: Moderate Focus: FR

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.

21-Jan-23	2400		TSS' 70 IF 0.80	Moderate
<u>WARM UP</u>	400 choice			
	200 choice drills			
	200 choice kick			
	4 x 25 Free sprint			
	100 Free recovery			1000
<u>MAIN SET</u>				
<u>SPRINTS</u>	2 X 100 Free HARD	1 min RI		
	100 Free recovery			
	1 x 200 choice HARD	1 min RI		
	100 Free recovery			
	2 x 100 choice HARD	1 min RI		
	100 Free recovery			900
50 set	Work starts & finishes	on 1 min		
	Working in thirds			
	1 & 2 as H, E, E	rest extra 30 sec		
	3 & 4 as E, H, E	rest extra 30 sec		
	5 & 6 as E, E, H			300
<u>COOL DOWN</u>	200 choice			200
				2400

Lane 1 Load: Moderate Focus: FR, form

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.

340	22-May-22	2300	TSS' 73 IF 0.96	
	<u>w/up</u>			
	100	FR easy		
	200	K fins	as 25 H 25 E	
	4x50	FR fins	mod but focus FR speed	RI 10 s
	4x50	FR Z3	mod but focus FR speed	RI 10 s
	<u>Main set</u>			
	300	FR as 4x25, 2x50, 100 Z5 - 10s tag		RI 30 s
	400	FR	build ea 100 3-4a-4b-5	RI 1 min
	8x50	FR	25H 25E on 1:10	RI 30 s
	4x50	best form	25H 25E on 1:20	RI 30s
	2x50	2nd form	25H 25E on 1:20	
	<u>c/down</u>			
	200	6-1-6 drill fins		

Lane 1 Load: Moderate Focus: FR

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.

30-Jul-22	2200	TSS' 72 IF 0.96			
SPRINTS		Moderate			Zone
<u>WARM UP</u>	200 Free Pull/paddles 8 x 25 sprint kick on 30 Timed 400 choice			800	4
<i>Broken 200s</i>	3 x 200 Free on 4.30 with 10 sec rest between each 50. At end, deduct 30 - should = race time. 1 min rest			600	4
<i>Broken 200s</i>	2 x 200 Choice on 4.45 as above 1 min rest			400	4
<i>Broken 100 IMs</i>	2 x 100 IM on 2.15 with 5 sec between each 25. 1 min rest			200	5
<u>SKILLS</u>	Finishes, Turns, Pullouts if time allows				
<u>COOL DOWN</u>	200 EASY NOT FREE			200	2
				2200	

Lane 1 Load: Moderate Focus: FR

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-Jan-23	2200	TSS' 70 IF 0.86			
<u>w/up</u>					Zone
300	100 FR, 200 ch str ea 50			300	2.7
4x25	kick on BA, no fins			100	3
100	8-3-8 BA fins			100	2
<u>Main set</u>	no fins				
4x50	BA sprints	Z5	RI 20s	200	5
100	BA easy			100	2
10x50	FR Z5	every third easy	RI 15s	500	5
200	FR pull + paddles Z3			200	3
3x100	IM Z4	last one w fins	RI 30s	300	4
200	FR pull + paddles Z3			200	3
<u>c/down</u>					
200	choice			200	2
				2200	