

Lane 2

Load: Hard

Focus: Mixed strokes

TSS'' calculated for CSS of 32 sec/25m.

12-Mar-22		2200			
WARM UP AND COOL DOWN TECHNIQUES					
<u>WARM UP</u>		TSS'' 84 IF 0.94			Zona
	300 Free	<i>NICE AND EASY</i>		300	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 (not for Siska)	6 x 50 Free		<i>on 1.20</i>	300	5
	200 Back easy			200	2
	6 x 50 choice stroke		<i>on 1.20/1.30</i>	300	5
	200 Breast easy			200	2
FINS	4 x 50 Fly	<i>25 swim/25 kick</i>	<i>RI 20 secs</i>	200	5
<u>COOL DOWN</u>					
	200 easy free			200	2
	10 mins - practice breastroke pullouts			2200	

Lane 2

Load: Hard

Focus: Mixed strokes

TSS'' calculated for CSS of 32 sec/25m.

12-Nov-22		2000	TSS'' 76 IF 0.91	Hard
<u>w/up</u>	WITH FINS		75.73333333	
300	IM NO FLY	25 DRILL/25 BUILD		300
		NB: your choice drills		
Main set	No fins			
4x150 on 4.00	Back/Breast/Free			600
2x50 Fly with Fins	25 DRILL/25 SWIM			100
200	choice kick with fins	Reduce intensity per lap from Z5 to Z2		200
300 Free Z4				300
6 x50 Alt Free/Form	on 1.15			300
<u>Cool Down</u>	200 Choice			200
				2000

Lane 2

Load: Hard

Focus: BA

TSS'' calculated for CSS of 32 sec/25m.

8-Oct-22	2200	TSS'' 81 IF 0.86	Hard	
			81.0666667	
<u>WARM UP</u>	8 minute swim 4 min free paddles/pull			500
<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>	2 X 50 BACK 100 BACK 1 X 200 BACK/BREAST 100 BACK/BREAST 2 X 50 BACK/BREAST 100 EASY CHOICE	85% effort 15 sec RI		700
<u>FORM</u>	8 X CHOICE FORM ON 1.30			400
<u>COOL DOWN</u>	200 EASY KICK			200
				2200