

Lane 2 Load: Moderate Focus: BR, FR CSS; mixed strokes (2 progs)

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

281	30-Jan-21	2000	TSS'' 74 IF 0.86		
	<u>w/up</u>				
	100	FR	easy	Z2	100
	4x50	FR	Zone 5	on 1:15	200
	<u>Main set</u>				
	100	FR CSS pace		1 bp rest	100
	200	FR CSS pace, check time, opt adjust		2bp rest	200
	300	FR CSS pace			300
	<u>BR set</u>				
	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
					2000

	22-May-22	2000	TSS' 72 IF 0.93		
	<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>				
	200	FR as 4x25, 2x50 - 10s tag		RI 30 s	
	400	FR	build ea 100 3-4a-4b-5	RI 1 min	
	4x50	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 2 Load: Moderate Focus: FR

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

30-Jul-22	2000	TSS' 73 IF 0.92			
SPRINTS		Moderate			Zone
<u>WARM UP</u>	200 Free Pull/paddles 4 x 25 sprint kick on 30 Timed 400 choice			700	4
<i>Broken 200s</i>	3 x 200 Free on 5.00 with 10 sec rest between each 50. At end, deduct 30 - should = race time. 1 min rest			600	4
<i>Broken 200</i>	200 Choice as above 1 min rest			200	4
<i>Broken 100 IMs</i>	2 x 100 IM on 2.30 with 5 sec between each 25. 1 min rest			200	5
<u>SKILLS</u>	Finishes, Turns, Pullouts if time allows				
<u>COOL DOWN</u>	300 EASY NOT FREE			300	2
				2000	

Lane 2 Load: Moderate Focus: FR

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

8-Jan-23	2000	TSS'' 68 IF 0.84			
<u>w/up</u>					Zone
200	100 FR, 100 ch str ea 25			200	2.7
4x25	kick on BA, fins alt popping shoulders			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
6x50	FR Z5	every third easy	RI 15s	300	5
200	FR pull + paddles Z3			200	3
3x100	Best form, desc times		RI 30	300	4
200	FR pull Z3			200	3
<u>c/down</u>					
200	choice			200	2
				1900	

Lane 2 Load: Moderate Focus: FR

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

21-Jan-23	2100	TSS'' 69 IF 0.80	Moderate
<u>WARM UP</u>	200 choice	69.99999999	
	200 choice drills		
	200 choice kick		
	4 x 25 Free sprint		
	100 Free recovery		800
<u>MAIN SET</u>			
<u>SPRINTS</u>	2 X 100 Free HARD	1 min RI	
	100 Free recovery		
	1 x 100 choice HARD	1 min RI	
	100 Free recovery		
	2 x 100 form HARD	1 min RI	
	100 Free recovery		800
50 set	Work starts & finishes	on 1 min 15	
	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
			2100