

Lane 3 Load: Hard Focus: Mixed strokes x2 progs

TSS''' calculated for CSS of 38 sec/25m (2:32/100m max aerobic pace)

29-Oct-22		1800	TSS''' 84 IF 0.92	Hard
			83.6	
<u>WARM UP</u>	3 x 200 as 100 Free/50 back/50 breast.	<i>RI 15. Increase intensity</i>		600
<u>MAIN SET</u>	400 Timed choice stroke	<i>(Race pace)</i>		400
	8 x 50 free kick (fins) as 25 hard/25 easy	<i>With fins on 1.20</i>		400
<u>FORM</u>	4 x 50 alt Back / Breast	<i>On 1.30</i>		200
<u>COOL DOWN</u>	200 easy choice			200
				1800

12-Mar-22		1800		
WARM UP AND COOL DOWN TECHNIQUES				
<u>WARM UP</u>		TSS''' 86 IF 1.00		Zone
	200 Free	<i>NICE AND EASY</i>		200 2.8
	2 x 100 best stroke	<i>90%, 95%</i>	<i>RI 40-60 secs</i>	200 5
	2 x 50 choice stroke	<i>15 fast, 35 cruise</i>	<i>RI 20 secs</i>	100 5
	4 x 25m choice	<i>from a dive or push start fast</i>		100 6
<u>MAIN SET</u>				
<u>PULL BUOY</u>	6 x 50 Free		<i>RI 20 secs</i>	300 5
	100 Back easy			100 2
	6 x 50 choice stroke		<i>RI 20 secs</i>	300 5
	100 Breast easy			100 2
<u>FINS</u>	4 x 50 Free	<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 breaststroke pullouts			1800

Lane 3 Load: Mod-Hard Focus: FR

TSS''' calculated for CSS of 38 sec/25m (2:32/100m max aerobic pace)

21-Jan-23	1900	TSS''' 75 IF 0.79	Mod-Hard
<u>WARM UP</u>	200 choice	74.79999999	
	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		
	2 x 100 choice HARD	1 min RI	
	100 Free recovery		600
50 set	Work starts & finishes	on 1 min 30	
	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
			1900