

Lane 3 Load: Moderate Focus: FR

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

30-Jul-22	1700	TSS' 72 IF 0.90			
SPRINTS		Moderate			Zone
<u>WARM UP</u>	200 Free Pull/paddles 4 x 25 sprint kick on 40 Timed 400 choice			700	4
<i>Broken 200s</i>	2 x 200 Free on 5.30 with 10 sec rest between each 50. At end, deduct 30 - should = race time. 1 min rest			400	4
<i>Broken 200</i>	200 Choice as above 1 min rest			200	4
<i>Broken 100 IMs</i>	100 IM on 2.30 with 5 sec between each 25. 1 min rest			100	5
<u>SKILLS</u>	Finishes, Turns, Pullouts if time allows				
<u>COOL DOWN</u>	300 EASY NOT FREE			300	2
				1700	

Lane 3 Load: Moderate Focus: BR, threshold FR

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

30-Jan-21	1600	TSS''' 71 IF 0.87		
<u>w/up</u>				
100	FR	easy	Z2	100
4x50	FR	Zone 5	on 1:30	200
Main set				
2x100	FR Zone 4b		RI 10	200
200	FR Zone 4a			200
BR set				
100	BR kick			100
100	BR separation drill			100
2x50	BR sep drill + count strokes (minimise)			100
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
100	BA fins easy			100
				1600

Lane 3 Load: Moderate Focus: BA

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

8-Oct-22	1700	TSS''' 73 IF 0.86	Mod	
			73.46666667	
<u>WARM UP</u>	8 minute swim 4 min free paddles/pull			400
<u>BACK DRILLS</u>	100 BACK KICK 100 1-ARM BACK 100 BACK THROWING STONES	<i>WITH FINS</i>		300
<u>MAIN SET BACK PYRAMID</u>	2 X 50 BACK 100 BACK 100 BACK/BREAST 2 X 50 BACK/BREAST	<i>85% effort 15 sec RI</i>		400
<u>FORM</u>	200 IM DRILLS 4 X CHOICE FORM	<i>15 sec RI</i>		400
<u>COOL DOWN</u>	200 EASY KICK			200
				1700

Lane 3 Load: Moderate Focus: Mixed strokes

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

12-Nov-22		1700	TSS''' 72 IF 0.93	Moderate
<u>w/up</u>	WITH FINS		72.2	
300	Free as kick/pull/swim			300
100	Free 25 DRILL (chicken wings)/25 BUILD			100
Main set	no fins			
4x100 on 2.30	up free/back form			400
200	100 fly/ 100 choice kick with fins /no stops!!	Reduce intensity per lap from Z5 to Z2		200
6x50 Free	on 1.30			300
200	FR Z4			200
<u>Cool Down</u>	200 Choice			200
				1700

Lane 3 Load: Moderate Focus: Mixed strokes

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

8-Jan-23	1600	TSS''' 67 IF 0.83			
<u>w/up</u>					Zone
100	100 FR easy			100	2
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		RI 15s	300	5
100	FR pull Z3			200	3
4x50	Best form, desc times		RI 30	200	4
100	FR pull Z3			100	3
<u>c/down</u>					
200	choice			200	2
				1600	