

Practice #4 – Iain's Rotations (Lanes 1&2)

W/U:

300m swim

100m pull

100m kick

6 x 50 (25 drill/25 swim)

[Catch up/finger drag/arm pit touches & Repeat]

800m

W/U SET:

3 x 200 pull with PB on 3:30/3:45

600m

MAIN SET:

3 Rounds:

200 Choice (try non-Free, IM) on 4:00

100 Free Technique on 2:00

50 Free HARD 1:00

50 Free EZ 2:00

1200m

3 Rounds

100 Choice non-Free on 2:00

50 Free HARD on 1:00

50 Free EZ 2:00

600m

COOL DOWN:

200m kick with fins

200m swim

400m

Total = 3600m

Practice #4 – Iain's Rotations (Lanes 3&4)

W/U:

200m swim

100m pull

100m kick

6 x 50 (25 drill/25 swim)

[Catch up/finger drag/arm pit touches & Repeat]

600m

W/U SET:

3 x 200 pull with PB on 4:00

600m

MAIN SET:

2 Rounds:

200 Choice (try non-Free, IM) on 5:00

100 Free Technique on 2:15

50 Free HARD 1:15

50 Free EZ 2:00

800m

2 Rounds

100 Choice non-Free on 2:15

50 Free HARD on 1:15

50 Free EZ 2:00

400m

COOL DOWN:

200m kick with fins

200m swim

400m

Total = 2800m