

Technique Focus

Warm Up (~400)

While sighting once per length (both directions)
10 minutes ↑ FS quick ↓ FS easy recovery pace

Kick/Scull Set (400)

8 x (30s Vertical Kicking + 30s Vertical Sculling)

Drill Sets (400)

4 X 50 6-3-6 Drill

4 X 50 6-n-6 Drill

Main Set

Slower Lanes	Faster Lanes (1200)
Drill & FS as directed by Coach	2 X 200 @ TL + 1beep 4 X 100 @ TL + 1beep 8 X 50 quick + 30s rest

Cool Down (200-400) Choice