



Lane: 1

Date:

Equipment used: Kick board, pull buoy, paddles, fins.

Duration: 90 minutes.

Energy system: AEC, ANC.

Rest between sets: 2 minutes.

Cycle 03: Week 13.

	Distance	Time
01. 3x150 Fr as 50 drill, 100 swim @ 2.30 3x150 Fr as 50 kick, 100 swim @ 2.45 (No kick board on 1 st 50)	900	7:30
02. Twice through Sw 2x100 Back-Breast x 50 @ 1.45 Pull 6x50 Free (hard) @ 1.00 Sw 2x100 Fly-back x50 @ 1.45	1400	7:48
03. Twice through (1st set with fins, 2nd set with paddles) 4x50 Free @ 1.00 (last 10m sprint) 4x50 I.M order @ 1.00 (fin set: fly legs on breast stk leg)	800	8:18
04. Sw 2x200 as 50 easy 50 hard 1 st 200 Pull Free @ 3.45 2 nd 200 Swim choice @ 3.45	400	8:36
05. Swim down: 1x200 Your choice @ 4.30	200	8:46
	3700	8:51



Lane: 2

Date:

Equipment used: Kick board, pull buoy, paddles, fins.

Duration: 90 minutes.

Energy system: AEC, ANC.

Rest between sets: 2 minutes.

Cycle 03: Week 13.

	Distance	Time
01. 3x150 Fr as 50 drill, 100 swim @ 2.40 3x150 Fr as 50 kick, 100 swim @ 3.00 (No kick board on 1 st 50)	900	7:30
02. Twice through Sw 2x100 Back-Breast x 50 @ 1.50 Pull 4x50 Free (hard) @ 1.00 Sw 2x100 Fly-back x50 @ 2.00	1200	7:49
03. Twice through (1st set with fins, 2nd set with paddles) 4x50 Free @ 1.00 (last 10m sprint) 4x50 I.M order @ 1.00 (fin set: fly legs on breast stk leg)	800	8:16
04. Sw 2x200 as 50 easy 50 hard 1 st 200 Pull Free @ 3.55 2 nd 200 Swim choice @ 3.55	400	8:34
05. Swim down: 1x200 Your choice @ 4.30	200	8:44
	3500	8:49



Lane: 3

Date:

Equipment used: Kick board, pull buoy, paddles, fins.

Duration: 90 minutes.

Energy system: AEC, ANC.

Rest between sets: 2 minutes.

Cycle 03: Week 13.

	Distance	Time
01. 3x150 Fr as 50 drill, 100 swim @ 2.45 3x150 Fr as 50 kick, 100 swim @ 3.10 (No kick board on 1 st 50)	900	7:30
02. Twice through Sw 2x100 Back-Breast x 50 @ 2.00 Pull 4x50 Free (hard) @ 1.10 Sw 2x100 Fly-back x50 @ 2.10	1200	7:50
03. Twice through (1st set with fins, 2nd set with paddles) 4x50 Free @ 1.05 (last 10m sprint) 4x50 I.M order @ 1.05 (fin set: fly legs on breast stk leg)	800	8:18
04. Sw 2x200 as 50 easy 50 hard 1 st 200 Pull Free @ 4.00 2 nd 200 Swim choice @ 4.00	400	8:38
05. Swim down: 1x200 Your choice @ 4.30	200	8:48
	3500	8:53



Lane: 4

Date:

Equipment used: Kick board, pull buoy, paddles, fins.

Duration: 90 minutes.

Energy system: AEC, ANC.

Rest between sets: 2 minutes.

Cycle 03: Week 13.

	Distance	Time
01. 3x150 Fr as 50 drill, 100 swim @ 3.00 3x150 Fr as 50 kick, 100 swim @ 3.30 (No kick board on 1 st 50)	900	7:30
02. Twice through Sw 1x100 Back-Breast x 50 @ 2.15 Pull 4x50 Free (hard) @ 1.20 Sw 1x100 Choice-back x50 @ 2.15	800	7:52
03. Twice through (1st set with fins, 2nd set with paddles) 4x50 Free @ 1.20 (last 10m sprint) 4x50 I.M order @ 1.30 (fin set: fly legs on breast stk leg)	800	8:14
04. Sw 2x100 as 50 easy 50 hard 1 st 100 Pull Free @ 2.30 2 nd 100 Swim choice @ 2.30	200	8:39
05. Swim down: 1x200 Your choice @ 4.30	200	8:46
	2900	8:51