



WARM UP

200 Fr 50 Breathe on left, On right, 100 Bilateral Continuous

WARM UP 2 + fins

4x25 Fr, Br, Bk, Fly On :45 / :20
3x50 Fr, Br, Bk, On 1:10 / :30
2x75 Fr, Br, :30

MAIN SET

6x100 Fr :30
1-3 Steady - Clean hand entry
4-6 Hard - High elbows in recovery

KICK SET

6 x 25 Fr
1-3 from hip / point toes :20
4-6 Relaxed ankles / In-toe

SWIM DOWN From shallow end

4x25 Fr, Br, Bk, Fly On :45 / :20
3x50 Fr, Br, Bk, On 1:10 / :30
2x75 Fr, Br, :30