







Technique Session
0:45:00
1800 m
 Warm Up:
 400 as 200 swim, 100 pull,
 100 kick

Technique Set:
 12x25m kick - 6/10 Effort
 Focu...




P: This week our focus is
 going to be on your leg kick.
 While you won't be using
 them too much duri...

**Technique/Endurance
Session**
1:00:00
2200 m
 Warm Up:
 400 as 300 swim, 100 kick

Technique Set:
 8x50 Swim - 6/10 Effort
 Focus on keeping...

P: Again this session is
 focused on your kick
 positioning in the water.
 The technique set is going...

Technique Session
1:00:00
2000 m
 Warm Up:
 500 as 200 swim, 100 pull,
 200 kick

Technique Set:
 8x50 pull - 5/10 Effort
 Focus o...

P: We are going to move
 onto the timing of your pull
 today. This will help your
 balance just like yo...

