




Technique Session
1:00:00
2500 m
 Warm Up:
 600 as 200 swim, 200 pull,
 200 kick

Technique Set:
 12x50 Kick - 6/10 Effort
 Focus...



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
2800 m
 Warm Up:
 600 as 300 swim, 200 kick,
 100 swim

Technique Set:
 8x50 swim - 6/10 Effort
 Focus ...


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


Technique Session
1:00:00
2500 m
 Warm Up:
 500 as 200 swim, 100 pull,
 200 kick

Technique Set:
 10x50 Pull - 5/10 Effort
 Focus ...

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

Total Duration 3:00 **00:00**

Swim Duration 3:00 **00:00**

Swim Distance 7800 **0.00 m**

Training Stress Score **0** TSS