

2.5km-3km training sets - short course

400m warm up
200m 2 x (Kick/Drag/Drill/ Sprint) free
400m Locomotion fr fast/bk1122332211
800m Split – 5 sec every 100m free
200m 4 x 50 choice- max stay under in turn for 5s
500m 100 No.1 MAX 100 choice easy 75M/75e,
50m/50e. 25M.25e
100m easy

800 warm up 200F- 100Br -200Bk-100Br- 200F
400m Kick - 8 x 50 hard - on 1.10
1000m 10 x 100m – 15 sec rest (fast)
200m Easy Breast
400m 8 x 50 choice – 20 sec rest
200m Wind down

400m warm up
200m IM - one arm,
400m 200m easy Breast kick; 8 x 25 Br 20s rest
400m 100m Bk kick, One arm, tag, normal
400m 8 x 50 Free on 1min
600m 4 x 200 (IM,Br,Free)
100m Wind down

400 warm up
200 Free drills (fists, pp ,zipper, long rotation)
400 Kick Round the box
1000 20 x 50 on 1m (choice)
200 Easy Back
100 Front scull/ go carts
200 PK set breast
100 Breast – feel timing and build so finish fast
100 Wind down