

2000m+ sets – Short Course

- 400m warm up
200m kick - 2 x Round the box
100m Back kick/tag
200m Fly drills (Biondi, ss; 333; Fly) x 2
800m 2 x (4 x 100m) Freestyle & Fly
1, Mainly Free; 2, Mainly Fly
1st: 25m Fly, 75m Free, 15s rest
2nd: 50m Fly, 50m Free, 15s rest
3rd: 75m Fly, 25m Free, 15s rest
4th: 100m Fly
200m 2 x 100 IM - 15 sec rest
100m loosen
- 400m warm up
300m 2 x (50m kick, 50m One arm, 50m stroke count)
300m Repeat on back
400m 4 x 100m free – 10 sec
400m 4 x 100m IM
200m 8 x 25m on 1 min Seconds = Strokes 18/18
100m Loosen
- 400m warm up
300m Kick 4 x 75m (50Fr/25Bk)
900m 6 x (100m Free, 50m Br)
400m 8 x 50m free 1.30 descending (faster)
100m back loosen
- 400m warm up
200m kick/pull – free
200m kick Br
200m 8 x 25m on 30 Free/fly
400m 4 x 100 IM Build each one faster 30secs
600m 4 x 150m Free (30 secs rest)
100m Loosen on back

200m warm up
400m Kick 4 x 100m each one faster
200m (Fly Kick, la,ra,Fly) x 2
200m Breast PK set
800m 4 x (100m IM fast/100m Bk easy)
200m 4 x 50m All strokes– 20 sec rest
100m loosen

Pay attention to long streamline after turns working at staying under water for 5 to 6 secs.

Remember perfect practice = perfect performance