SESSION #1
SWIM TECHNIQUE

Warm up:

- 400 steady f/s

Then:
4x;

- 100 pull +10s
- 50 kick (point toes & squeeze bum) - use pull buoy as kick
- Board + 10s

Main:
6x;

- 100 minimum stroke count* + 20s
- 4x 50 as 25 drill +25 f/s + 10s.

Drills: 1)scull #1, 2) doggy paddle, 3) 6/3/6, 4)scull#2
*Aim to reduce strokes by 2 each time through

Warm down:

- 200 easy choice

Session difficulty 3/5
Total distance 3000