

Holiday Sessions

Session #1-2.8km

400 fs/bk w fins
4x50 kick/drill M.O
200 brs kick head down
4x50 IM switch
400 IM w fins

3x
150 kick <2.30 (3.15)
100 m/s tech. (2)
50 max kick

400 w padd+ pull + snork.
300 w fins

Session #2- 2.4km

300 fins padd snork
300 fins snork kick

5x
30 sec vert. Fly kick
4x25 sprint kick
100 easy tech

8x100 fins + snork. + padd

6x50 brs w padd #1 2/2 drill #2 max

Session #3- 3km

400 w fins+snork. 50 face kick 50 fs

3x
4x50 IM switch
4x50 kick max (1.20)

Main set:
50 easy tech (55)
100 50 hard 50 easy (1.40)

150 50 m/s max 75 tech fs 25 max (2.45)
200 long loosen (4)
150 50 m/s max 75 tech fs 25 max (2.45)
100 50 hard 50 easy (1.40)
50 easy tech (55)

12x25 brs w padd

300 easy tech

Session #4- 3km

400 fins + padd
8x50 25 kick 25 swim (65)

10x100 kick [4@2.10](#)
w snork. 3@2
2@ 1.50+ 30 rest
1@ max

200 easy swim

12x25 kick max (45)

8x50 w fins 25 u/w 25 swim

300 easy

Session #5- 3km

3x200 fs w padd+snork
3x100 fs kick w snork max
6x50 D1-3

10x100 w fins u/w=8 fly kicks (1.40)

24x25 brs or fly 8x fins+padd
8x padd
8x @pace

200 easy tech