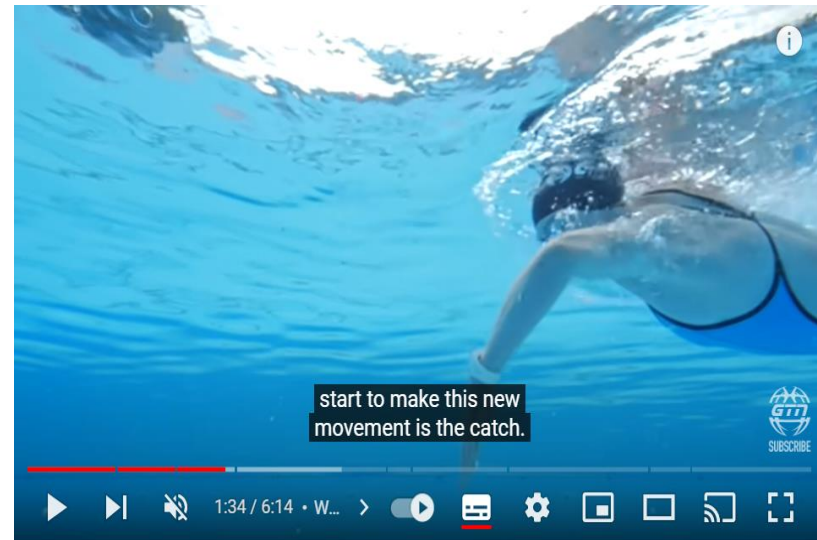


Lane 1 - Warm up (400m) RED MIST SET			
Reps	Dist	Details	Rest
2	200m	Continuous freestyle – Think about achieving that high elbow before pulling the body through the water	+20s
Technique/Form (200m)			
4	50m	½ length doggy paddle, ½ length sprint	+30s
Main Set – (2400m)			
2	200	Swim @ CSS pace+	3min 30
4	100	Swim @ CSS pace – Look for strong kick off the turns	1:45
8	50	FAST – strong kick off turns!!	55s
4	100	Swim @ CSS pace+	1:45
2	200	Swim @ CSS pace+	3min 30
4	50	IM ORDER up Swim down - FAST	1min
Cool down - 200m choice drill up / swim down (3200M)			

## Catch coaching points



**You're trying to get leverage over the water before pulling under the body**

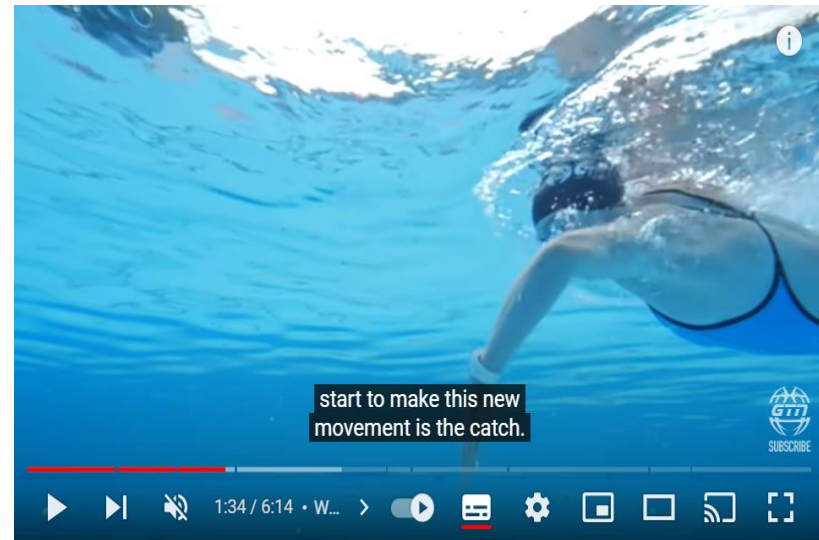
**Hand enters finger first**

**In front of shoulder**

**A high elbow before pulling back**

Lane 2 - Warm up (400m) RED MIST SET			
Reps	Dist	Details	Rest
2	200m	Continuous freestyle – Think about achieving that high elbow before pulling the body through the water	+20s
Technique/Form (200m)			
4	50m	½ length doggy paddle, ½ length sprint	+30s
Main Set –(2400m)			
2	200	Swim @ CSS pace+	4:00
4	100	Swim @ CSS pace – Look for strong kick off the turns	2:00
8	50	FAST – strong kick off turns!!	1:00
4	100	Swim @ CSS pace+	2:00
2	200	Swim @ CSS pace+	4:00
4	50	Swim FAST	1:00
Cool down - 100m Choice drill up / swim down (3100M)			

## Catch coaching points



**You're trying to get leverage over the water before pulling under the body**

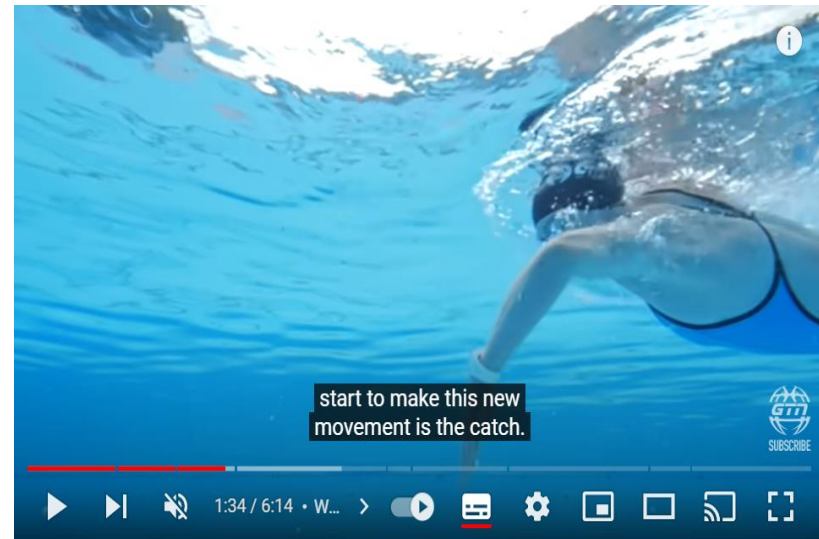
**Hand enters finger first**

**In front of shoulder**

**A high elbow before pulling back**

<b>Lane 3 - Warm up (400m)</b>		<b>RED MIST SET</b>	
<b>Reps</b>	<b>Dist</b>	<b>Details</b>	<b>Rest</b>
2	200m	Continuous freestyle – Think about achieving that high elbow before pulling the body through the water	+20s
<b>Technique/Form (200m)</b>			
4	50m	½ length doggy paddle, ½ length sprint	+30s
<b>Main Set – 1800m</b>			
2	200	Swim @ CSS pace+	4:30
4	100	Swim @ CSS pace – Look for strong kick off the turns	2:15
8	50	FAST – strong kick off turns!!	1:10
4	100	Swim @ CSS pace+	2:15
1	200	Swim @ CSS pace+	4:30
<b>Cool down - 100m Choice drill up / swim down (2300M)</b>			

## Catch coaching points



**You're trying to get leverage over the water before pulling under the body**

**Hand enters finger first  
In front of shoulder**



## A high elbow before pulling back

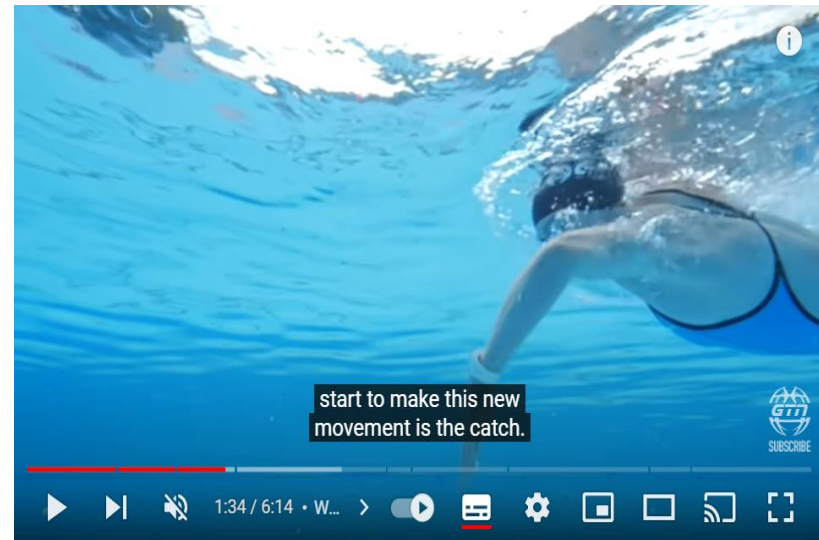
### Lane 4 - Warm up (300m)

### RED MIST SET

Reps	Dist	Details	Rest
1	200m	Continuous freestyle – Think about achieving that high elbow before pulling the body through the water	+20s
1	100m	As above	+10s
<b>Technique/Form (200m)</b>			
4	50m	½ length doggy paddle, ½ length sprint	+30s
<b>Main Set – (1400m)</b>			
2	200	Swim @ CSS pace+	5min
4	100	Swim @ CSS pace – Look for strong kick off the turns	2:30
8	50	FAST – strong kick off turns!!	1:20
1	200	Swim @ CSS pace+	5min

**Cool Down 100m Choice drill up / swim down (2050m total)**

## Catch coaching points



**You're trying to get leverage over the water before pulling under the body**

**Hand enters finger first**

**In front of shoulder**

**A high elbow before pulling back**



Catch