

Lane 1 - Warm up (500m)			
Reps	Distance	Details	Rest
1	200m	Swim – think about your hand position. Can you remember what effective hand entry coaching points are?	1m
1	200m	Pull	1m
1	100m	Pull w/ paddles	
Technique/Form (400m)			
4	50m	Finger tips drag across the water 25m / swim back.	+15s
2	50m	Catch ups – catch ups up, swim back <small>wait for the recovering hand to touch the extended hand. Only once they touch can you pull through for your next stroke.</small>	+15s
2	50m	Salute drill – slight pause by head before your hand spears into water.	+15s
Main Set (2000m)			
4	200m	Stick to the rest, swim a sustainable speed 😊	3m30s
8	100m		1m50s
8	50m		1m
Cool down (100m)			
1	100	Easy freestyle	3000m

Lane 2 - Warm up (500m)			
Reps	Distance	Details	Rest
1	200m	Swim – think about your hand position. Can you remember what effective hand entry coaching points are?	1m
1	200m	Pull	1m
1	100m	Pull w/ paddles	
Technique/Form (400m)			
4	50m	Finger tips drag across the water 25m / swim back.	+15s
2	50m	Catch ups – catch ups up, swim back <small>wait for the recovering hand to touch the extended hand. Only once they touch can you pull through for your next stroke.</small>	+15s
2	50m	Salute drill – slight pause by head before your hand spears into water.	+15s
Main Set (1600m)			
3	200m	Stick to the rest, swim a sustainable speed 😊	+40s
6	100m		+30s
8	50m		+15s
Cool down (100m)			
1	100	Easy freestyle	2600m

Lane 3 - Warm up (400m)			
Reps	Distance	Details	Rest
1	200m	Swim – think about your hand position. Can you remember what effective hand entry coaching points are?	1m
1	200m	Pull	
Technique/Form (400m)			
4	50m	Finger tips drag across the water 25m / swim back.	+15s
2	50m	Catch ups – catch ups up, swim back <small>wait for the recovering hand to touch the extended hand. Only once they touch can you pull through for your next stroke.</small>	+15s
2	50m	Salute drill – slight pause by head before your hand spears into water.	+15s
Main Set (1300m)			
3	200m	Stick to the rest, swim a sustainable speed 😊	+40s
4	100m		+30s
6	50m		+15s
Cool down (100m)			
1	100	Easy freestyle	2200m

Lane 4 - Warm up (300m)			
Reps	Distance	Details	Rest
1	150m	As 75m free, 25m choice x4	1m
1	150m	Pull	
Technique/Form (400m)			
4	50m	Finger tips drag across the water 25m / swim back.	+15s
2	50m	Catch ups – catch ups up, swim back <small>wait for the recovering hand to touch the extended hand. Only once they touch can you pull through for your next stroke.</small>	+15s
2	50m	Salute drill – slight pause by head before your hand spears into water.	+15s
Main Set (1200m)			
3	200m	Stick to the rest, swim a sustainable speed 😊	+40s
4	100m		+30s
4	50m		+15s
Cool down (100m)			
1	100	Easy freestyle	2000m

## Hand Entry and Arm Recovery



Hand Entry and Arm Recovery