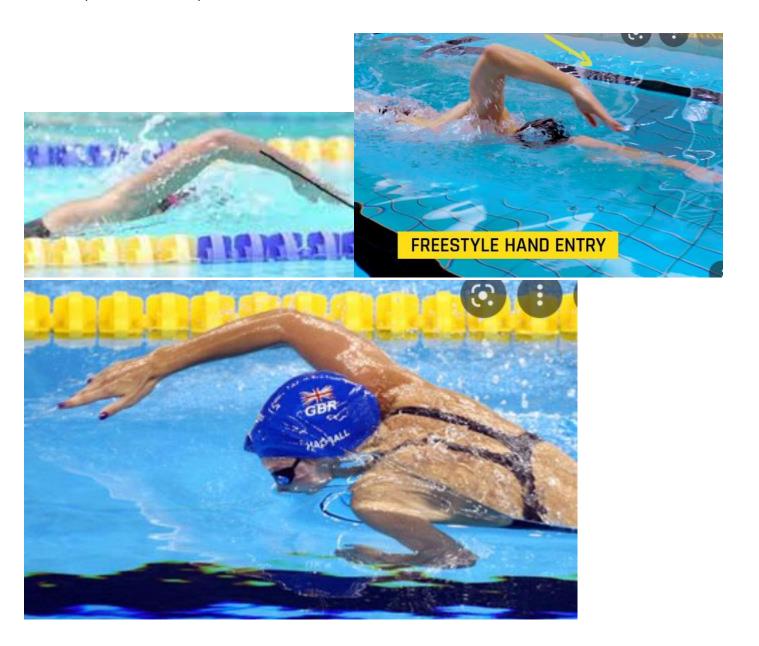
Lane	Lane 1 - Warm up (500m)						
Reps	Distance	Details	Rest				
1	200m	Swim – think about your hand position. Can you remember what effective hand entry coaching points are?	1m				
1	200m	Pull	1m				
1	100m	Pull w/ paddles					
Techr	Technique/Form (400m)						
4	50m	Finger tips drag across the water 25m / swim back.	+15s				
2	50m	Catch ups – catch ups up, swim back wait for the recovering hand to touch the extended hand. Only once they touch can you pull through for your next stroke.	+15s				
2	50m	Salute drill – slight pause by head before your hand spears	+15s				
		into water.					
Main	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				
Techr	Technique/Form (400m)					
4	50m	Finger tips drag across the water 25m / swim back.	+15s			
2	50m	Catch ups – catch ups up, swim back wait for the recovering hand to touch the extended hand. Only once they touch can you pull through for your next stroke.	+15s			
2	50m	Salute drill – slight pause by head before your hand spears	+15s			
		into water.				
Main Set (1600m)						
3	200m	Stick to the rest, swim a sustainable speed 😊	+40s			
6	100m		+30s			
8	50m		+15s			
Cool	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				
Techr	Technique/Form (400m)					
4	50m	Finger tips drag across the water 25m / swim back.	+15s			
2	50m	Catch ups — catch ups up, swim back wait for the recovering hand to touch the extended hand. Only once they touch can you pull through for your next stroke.	+15s			
2	50m	Salute drill – slight pause by head before your hand spears	+15s			
		into water.				
Main	Main Set (1300m)					
3	200m	Stick to the rest, swim a sustainable speed 😊	+40s			
4	100m		+30s			
6	50m		+15s			
Cool	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				
Techr	Technique/Form (400m)					
4	50m	Finger tips drag across the water 25m / swim back.	+15s			
2	50m	Catch ups – catch ups up, swim back wait for the recovering hand to touch the extended hand. Only once they touch can you pull through for your next stroke.	+15s			
2	50m	Salute drill – slight pause by head before your hand spears	+15s			
		into water.				
Main Set (1200m)						
3	200m	Strok to the rest, swill a sustainable speed	+40s			
4	100m		+30s			
4	50m		+15s			
Cool down (100m)						
1	100	Easy freestyle	2000m			



Hand Entry and Arm Recovery