

Catch

## Lane 1

Warm up (300m)			
Reps	Distance	Details	Rest
1	200m	Easy freestyle	+30
2	50m	½ length scull, sprint to the wall.	1min
Main Set (2750m)			
50	50m	Maintain your pace (10 x 50, 50 recovery) x 5 Recovery as catch up drill up, swim back – focus on high elbow. Count your strokes through the 50s. If you find stroke count increasing, focus on a high elbow catch	50s
Cool down (100m)			
1	100	Easy freestyle/drill choice	3150m

Catch

## Lane 2

Warm up (300m)			
Reps	Distance	Details	Rest
1	200m	Easy freestyle	+30
2	50m	½ length scull, sprint to the wall.	1min
Main Set (2500m)			
45	50m	Maintain your pace (10 x 50m, 50 recovery) x 5 (Last set x 5) Recovery as catch up drill up, swim back – focus on high elbow. Count your strokes through the 50s. If you find stroke count increasing, focus on a high elbow catch	+10s
Cool down (100m)			
1	100	Easy freestyle/drill choice	2900m

Catch

### Lane 3

Warm up (300m)			
Reps	Distance	Details	Rest
1	200m	Easy freestyle	+30
2	50m	½ length scull, sprint to the wall.	1min
Main Set (2200m)			
40	50m	Maintain your pace (10 x 50m, 50 recovery) x 4 Recovery as catch up drill up, swim back – focus on high elbow. Count your strokes through the 50s. If you find stroke count increasing, focus on a high elbow catch	+10s
Cool down (100m)			
1	100	Easy freestyle/drill choice	2600m

Lane 4 - Warm up (300m)			
Reps	Distance	Details	Rest
1	200m	Easy freestyle	+30
2	50m	½ length scull, sprint to the wall.	1min
Main Set (2200m)			
40	50m	Maintain your pace (10 x 50m, 50 recovery) x 4 Recovery as catch up drill up, swim back – focus on high elbow. Count your strokes through the 50s. If you find stroke count increasing, focus on a high elbow catch	+10s
Cool down (100m)			
1	100	Easy freestyle/drill choice	2600m