

HOLIDAY SESSIONS – Adjust to suit you pool length

Silver & Bronze increase go time by 5-10 secs per 25m

SESSION 1 3.3K 1H20M

4x400 Rest 20-30 secs

1. FC
2. 300 FC, 100 BK
3. 200 FC, 200 BK
4. 100 FC, 300 BK

16x100

- 1-4 IM on 2.10
- 5-8 CH on 2.10
- 9-12 IM on 2.05
- 13-16 FC on 1.50

2x25 CH MAX Rest 10

1x50 FC steady

SESSION 2 3K 1H15M

10x100

- 1-5 FC on 2.00
- 6-10 50 FC, 50 BK on 2.00

16x25 IMO on 40

- 1-4 Drill
- 5-8 Steady
- 9-12 BUILD
- 13-16 ½ MAX

1x400 FC on 7.00

2x200 BK on 3.45

4x100 BRS on 2.05

400 FC ST

SESSION 3 2K 55M

600 FC

400 BK

200 BRS

100 FLY all rest 20 secs

1x75 FC on 1.30

1x50 IMS on 1.10

1x25 IMO on 40 allx4

100 FC steady