

### **JUNIORS -30/10/2023**

|             |          |   |
|-------------|----------|---|
| <u>200</u>  | 200m     | FS without fins   |
| <u>400</u>  | 200m     | BK without fins unless necessary                                  |
| <u>700</u>  | 6 x 50m  | BRS SPRINTS on 2:00 interval                                      |
| <u>900</u>  | 8 x 25m  | FS Breathing Drill on 1:15 (1st Lap 8 breaths, 2nd 7, 3rd 6 ETC.) |
| <u>1000</u> | 4 x 25m  | FS to 25m with 30 sec. rest and BK Torpedo back with 30 sec, rest |
| <u>1100</u> | 4 x 25m  | BRS Ankle Touch on BACK (15 seconds rest)                         |
| <u>1400</u> | 3 x 100m | Medley (15 sec. rest at 25m with 30 sec. rest between sets)       |
| <u>1700</u> | 6 x 50m  | FS SPRINTS from 25m though turn (mid pool start) 30 sec. rest     |
| <u>1900</u> | 200m     | BRS Swim Down   |

### **SENIORS**

|             |          |   |
|-------------|----------|---|
| <u>500</u>  | 500m     | BK no fins  |
| <u>1000</u> | 500m     | FS no fins  |
| <u>1500</u> | 10 x 50m | BRS SPRINTS on 1:30 interval                                      |
| <u>1900</u> | 4 x 100m | FS SPRINTS on 2:30 interval                                       |
| <u>2500</u> | 6 x 100m | Medleys with 30 seconds rest between sets                         |
| <u>2600</u> | 4 x 25m  | FS to 25m with 30 sec. rest and BK Torpedo back with 30 sec, rest |
| <u>3000</u> | 400m     | CHOICE SWIM DOWN (Either BK BRS)<br>OR 200 FLY                    |