

**JUNIORS -26/02/2024**

<u>400</u>	400m	FS No Fins (fins ONLY if necessary)
<u>600</u>	200m	BRS
<u>800</u>	4 x 50m	BK CATCH DRILL with Fins (Left arm one lap, Right Arm repeat )
<u>1000</u>	4 x 50m	BRS PULL with Dolphin Kick WITH FINS
<u>1200</u>	4 x 50m	BK (from dive blocks) WALKBACK STARTS
<u>1400</u>	4 x 50m	BRS dive start from blocks & WALKBACK
<u>1500</u>	4 x 25m	FLY dive start from blocks & WALKBACK
<u>1700</u>	2 x 100m	SPLIT MEDLEYS (FLY, BK, BRS & FS - Fins allowed if needed)
<u>2100</u>	400m	CHOICE SWIM DOWN - No Fins

**SENIORS**

<u>200</u>	2 x 100m	FLY (No Fins unless necessary)
<u>600</u>	400m	FS No Fins
<u>1100</u>	2 x 10 x 25m	FLY No Fins 1:00 INTERVAL TIMING
<u>1300</u>	4 x 50m	KICKING MEDLEY (No Board No Fins)
<u>1500</u>	2 x 100m	BRS SPRINTS (30 Seconds REST between)
<u>1900</u>	8 x 50m	BK SPRINTS as dive block start as WALKBACKS
<u>2300</u>	8 x 50m	MIXED SPRINTS from dive blocks as WALKBACKS
<u>2700</u>	400m	CHOICE SWIM DOWN