

### **JUNIORS - 3/11/2024**

<u>200</u>	200m	FS Arms DOLPHIN KICK (with Fins)
<u>400</u>	200m	Fly Progression Drill (left arm, right arm, 2 Left 2 right 2 full, Fly)
<u>500</u>	100m	Dolphin Kick on Front (with Fins)
<u>600</u>	100m	Dolphin Kick on Back (with Fins)
	10 off	FS Static Touch Turns
<u>700</u>	2 x 50m	FS tumble Turns EVERY 5 strokes & continue or 10 Wall Turns
	5 off	BK finishes from 12.5m mark in pool
<u>900</u>	200m	BRS (30 seconds rest)
<u>1000</u>	100m	BK (Fins if necessary)
<u>1400</u>	400m	FS (no fins)
<u>1600</u>	200m	Choice Swim Down

### **SENIORS**

<u>400</u>	400m	FS Arms DOLPHIN KICK (with Fins)
<u>1000</u>	3 x 200m	Medley (NO FINS) 45 Seconds Rest
<u>1300</u>	300m	BRS
<u>1400</u>	4 x 25m	FS Kicking SPRINTS (No fins) on 1:00 interval kicking for 30 seconds with Board
<u>1600</u>	4 x 50m	BRS Kicking with Board
	2 REPEATS	
	4 x 25m	FLY SPRINTS (NO FINS) 1:00minute interval
	4 x 25m	FS SPRINTS (NO FINS) 45 Second interval
	4 x 25m	BK SPRINTS (NO FINS) 45 Second interval
<u>2400</u>	4 x 25m	BRS SPRINTS 45 Second interval
<u>2800</u>	EITHER	
	400m	Choice Swim Down (NO FINS)
	OR 200m	FLY WITH FINS