

JUNIORS -27/10/2023

<u>300</u>	300m	FS (NO FINS) with Kick Board between legs
<u>600</u>	300m	FS ARMS DOLPHIN KICK with fins
<u>800</u>	200m	BK (NO FINS)
<u>1100</u>	6 x 50m	FS SPRINTS from 25m though turn (mid pool start) 30 sec. rest
<u>1300</u>	4 x 50m	CHOICE SPRINTS (MID POOL START & BACK) 30 Seconds rest
<u>1900</u>	100m	FS KICK WITH BOARD (FINS))
	100m	BK TORPEDO KICK (FINS))
	100m	DOLPHIN KICK ON FRONT (FINS)) 30 seconds REST between each
	100m	DOLPHIN KICK ON BACK (FINS))
	2 x 100m	LAST 2 x 100m CHOICE (FINS))
<u>2100</u>	200m	CHOICE SWIM DOWN

SENIORS

<u>300</u>	300m	FS (NO FINS) with Kick Board between legs
<u>600</u>	300m	FS ARMS DOLPHIN KICK with fins
<u>800</u>	200m	BK (NO FINS)
<u>1300</u>	10 x 50m	FS SPRINTS on 1:15 interval (30 seconds rest at end set)
<u>1500</u>	4 x 50m	FLY SPRINTS on 1:45 interval (30 seconds rest at end set)
	2 x 100m	FS KICK WITH BOARD (FINS))
	2 x 100m	BK TORPEDO KICK (FINS))
	2 x 100m	DOLPHIN KICK ON FRONT (FINS)) 15 seconds REST between each
	2 x 100m	DOLPHIN KICK ON BACK (FINS))
<u>2500</u>	2 x 100m	LAST 2 x 100m CHOICE)
<u>2700</u>	200m	CHOICE SWIM DOWN