

| | |
|------------------------------|--|
| JBST | SWIM SMART - August |
| Aim: Theme: | to vary pace and enhance neural system good technique at race speed |

| 2200m | |
|-------------------------|--|
| 400 WARM UP | 100 slow long stroke 100 bilateral relaxed 100 (50kick-50pull) 100 fc at 80% effort "tempo" |
| 300 BUILD SET | 6x50: all off 20 RI 1 to 4 hold pace 5&6 build to 90% effort |
| 900 MAIN SETS | 6 x 150m at 1500m race pace steady and with good technique #2,4,6 treadwater 5sec @ 75m |
| 200 SPEEDY | 8x25 treading water-start 20 RI |
| 400 COOL DOWN | 100fc relaxed 100 breast 200 fc long stroke (1500m pace) |