

JBST	SWIM SMART - July
Aim: Theme:	to increase endurance and pacing ability mixed reps, good techn& 200m TT

2200m	
500 WARM UP	100fc - 30RI 100bilat - 30RI 50cup 50fc - 15 RI 200 fc (dead turns)
300 BUILD SET 1200 MAIN SETS	3x50 then 6x25: all off 15 RI 50's hold 400m pace - 25's - 1500m pace 5x100: all 30 RI 1,3,5 pull - 2,4 bilateral 5x100: all 30 RI 1,3,5 long stroke 2,4 @ 1500m Race Pace +5sec/100m 200m Max time trial take 100 split & aim to negative split
200 COOL DOWN	50bilat - 30RI 50fc - 15 RI 100 mixed