

JBST SWIM SMART**October Drill Session**

Aim: to concentrate on technique and "relaxation"
Theme: short reps with good technique
Contrast: strange new drills

	<7min/400m	>7min/400m
Warm up	5x [25pull/25kk using pb] 2x [25fc/25bi/25bs/25fc 30"RI]	4x [25pull/25kk using pb] 2x [25fc/25bi/25bs/25fc 30"RI]
MAIN SET	4x [25bi/50cup/25fc] RI 20 secs SC drills: 10 x25m with reducing SC by 1,2 and 3 strokes 400m straight - relaxed fc	3x [25bi/50cup/25fc] RI 40 secs SC drills: 6 x25m with reducing SC by 1,2 and 3 strokes 200m straight - relaxed fc
CONTRAST	8x [25 dog/25 br] 200m STROKE COUNT TEST	5x [25 dog/25 br] 200m STROKE COUNT TEST
COOL DOWN/TECH	200m "perfect stroke"	200m "perfect stroke"

INTERVAL KEY: RP=Race Pace RI=Rest Interval Max=all out effort SC=stroke count
STROKE KEY: cup=Catchup br=breast stroke fc=front crawl kk=kick bs=back stroke
STROKE KEY: bi=bilateral pb=pull buoy hup=head up dog=doggie