

SWIM SMART	October
Aim: Theme:	think about hand technique not mileage "its all about the hands!"

? Metres	
500 WARM UP	100fc long slow stroke- 20RI 100bilat (3-breaths each side) - 20RI 2x (25cup/25fc) - 20 RI 200 fc with finger paddles (or small ones)
1300 MAIN SETS	6x50 doggie paddle - 20RI 6x50 clenched fists - 20RI 8x25 (as Aust/Doggie/fc/cup...) 20RI 8x25 (as kick on left/kick on right/cup/fc...) 20RI 25/50/75 as long smooth/hypoxic (4 breaths)/fc bilateral take 30"RI and REPEAT
200 COOL DOWN	4x50m very easy ong stroke make this your best possible swim stroke!