

Aim: Improve Strength.**Eqpt: Kick boards, hand paddles.**

Activity	Lanes 1, 2, 3 & 4	Lanes 5 & 6
Warm Up 10 min	2 x 250m, FC, easy. 10s Rest Interval (RI) on each. Tot: 500m	3 x 100 FC, easy. 10s RI Tot: 300m
Drills 15 min	10s RI on all. 3 x: 1 x 50m – FC Kick on kick board; out - board flat, back - board vertical. Strong kick. 1 x 50m – FC fists. 1 x 50m – Finish drill out, full stroke back. Tot: 450m (950m)	Tot: 450m (750m)
Main Set 20 min	10 x 100m FC as: 50m with hand paddles or fists, 50m normal. 20s RI. 4 x 50m kick on board, kick hard (Lanes 1 & 2 board vertical). 15s RI. Tot: 1200m (2150m)	Lane 6 under coach, lane 5: 6 x 100m FC, 20s RI. 2 x 50 kick. 15s RI. Tot: 700m (1450m)
Cool Down 5 min	200m as: 50 Breast easy, 50 Back easy, 100 FC easy. 10s RI between each.	
Tot Dist	2350m	1650m