

## Drills

**Warm-up** – 20s rest after each 200m

4 x 200m as: 50m drill, 100m swim, 50m drill

First set drills - One arm

Second set drills - High elbow

Third set drills - Kick (with no fins)

Fourth set drills - Water polo

### **Main Set**

2 x 400m – 40s rest after each 400m:

- First 400m: 100m building to 200m fast then 100m steady
- Second 400m: 200m steady building to 100m fast then 100m steady to slow

2 x 200m – 20s rest after each 200m:

- First 200m: Pull buoy
- Second 200m: 100m kick / 100m steady with fins still on