

Drills

Warm up

100m

Main Set

200m steady with 20 seconds rest

100 fast with 10 seconds rest

50 drill with 30 seconds rest

Do this 5 times, each time the drill is different as follows:

Set 1 – Kick – NO FINS

Set 2 – Pull buoy

Set 3 – Water polo

Set 4 – 6-1-6 – you will need fins

Set 5 – Catch up

Cool down

150m