

# Dills

## Warm up

All of the below to be completed 'steady', with **20 seconds rest** after each.

200m Breathing bilaterally

200m Pull buoy breathing every 5 strokes

200m Kick with fins

200m Pull buoy breathing one side for 25m then the other...

200m Breathing bilaterally

## Main Set

To be completed 'fast', with **20 seconds rest** after each.

100m x 8 - Be smooth – think about your stroke

## Cool down

200m