

Dills / Endurance

Warm-up

100m steady

Drill Set - *10 seconds rest after each 50m*

50m catch –up

50m fists

50m single arm

50m water polo

50m kick (NO FINS)

50m doggie paddle

Main Set

1 x 100 steady - 20 seconds rest

1 x 200 steady - 20 seconds rest

1 x 300 steady - 30 seconds rest

1 x 400 steady - 30 seconds rest

1 x 500 steady – 1 minute rest

Cool Down

100m steady