

MARIST MEN SWIM TRAINING

WEEK COMMENCING FEBRUARY 2nd

Session 1

300 IM no Fly

3 X 300 (100 kick/100 pull/ 100 swim) Fly/Br/Fr-Keep heart rate up

2 X (3 X 200) on 3.00 mins (1-3 desc record times)

200 long dog

9 X 66 flat out on 1.20 (target 38-42 secs)

200 loosen

Session 2

266 Reverse order IM

6 X 66 on 1.15

12 X 100m (4 on 1.30, 4 on 1.25, 4 on 1.20)

400 Kick 33 EB/33 Fr – 66 EZ, 66 Fast

8 X 100 (33 Fly + 66 Fr, 33 Fr + 66 Fly) on 1.45

133 IM no fly EZ