**Thursday 15th August**

**Run**

3 x 1/2 mile steady 1/2mile fast 3min recovery

**Swim**

4 x 50m ( 25m Shark Fin, 25m full stroke)

4 x 50m (25m underwater recovery, 25m full stroke)

3 x 150m FC 1st 150m sighting twice each length 15sec RI

2nd 150m sprint every even length 15sec RI

3rd 150m no touch turn.

1 x 400m FC at race pace double the speed of the legs on last 50m 30sec RI

1 x 400m fast in pairs, lead out for 100m each and swap over.

**Spin**

1 min - 120RPM

1 min - rest 90-100 RPM

1.30- 120RPM

1.30 - rest 90-100 RPM

2 min - 120RPM

2 min - rest 90-100RPM

**Thursday 22nd August**

**Run**

Cross Country Run 1 x 5min fast 2 x 60sec fast 2 x 30sec 2 x 15sec fast all 1:2 work to rest

**Swim**

Technique work

2 x 25m in slow motion think about your stroke and what your body is doing in the water

4 x 50m ( 25m FC Legs only, 25m full stroke) 15sec RI

4 x 50m ( 25m shark Fin, 25m Full Stroke) 15sec RI

4 x 50m ( 25m 3 left arm, 3 right arm, 3 full stroke, 25m full stroke) 15 sec RI

4 x 25m Fly MAX EFFORT 30 sec RI

4 x 200 1st 200m 50% effort

2nd 200m 60% effort

3rd 200m sprint 1st and Last length

4th 200m maximum effort

4 x 25m In groups of three, side by side races.

**Spin**

YOGA

**Thursday 29th August**

**Run**

2 x 1mile steady 1mile fast 3min recovery Lucasters loop

**Swim**

Simulating pressure of racing

2-4 x 200m at race pace. Sprint last 5m of each length 30sec RI

1 x 400m at race pace starting with IM timed swim.

1 x 750m at 1500m Race Pace

**Spin**

Technique & recovery session

2 mins fast- just below bounce point

1 min slow & controlled

1 min - 90-100RPM

X4

1 min no hands standing

2 mins - 120RPM - aero position

X4

**Thursday 5th September**

**Run**

Cross Country Run 6 x 90sec fast with 3min between

**Swim**

8 x 25m FC Sprints on lane Clear.

6-10 x 100m on 1:45 / 2:00 / 2:15 turn over.

4 x 50m on 50 / 1:00 / 1:05 turn over

2 x 50m three slow strokes three fast strokes.

**Spin**

YOGA

**Thursday 12th September**

**Run**

6 x 15sec/30sec/45sec Hills walk back recovery

**Swim**

Pyramid Set with an active recovery. 50m Breaststroke between each distance.

50m FC 50m FC

100m FC 100m FC

150m FC 150m FC

200m FC 200m FC

250m FC

200m FC sighting three times a length

**Spin**

1 min - 120RPM

1 min - rest 90-100 RPM

1.30- 120RPM

1.30 - rest 90-100 RPM

2 min - 120RPM

2 min - rest 90-100RPM

**Thursday 19th September**

**Run**

5k Time Trial laundrette loop

**Swim**

Working at maximum effort with longer rest.

6 x 25m Sprints 30 sec RI 3 minute rest

6 x 50m sprints 30 sec RI 3 minute rest

3 x 100m sprint negative splits 30 sec RI 3 minute rest

1 x 200m maximum effort. 3 minute rest

2 x 400m 1st Pull 2nd at 1500m race pace.

4 x 25m sprint at maximum effort 15 sec RI

**Spin**

YOGA

**Thursday 26th September No Coached Session.....we are having a meeting...honest!**

**Run**

8-10 x 400m 90sec RI Farlington Avenue

**Swim**

4 x 50m ( 25m Shark Fin, 25m full stroke)

4 x 50m (25m underwater recovery, 25m full stroke)

3 x 150m FC 1st 150m sighting twice each length 15sec RI

2nd 150m sprint every even length 15sec RI

3rd 150m no touch turn.

1 x 400m FC at race pace double the speed of the legs on last 50m 30sec RI

1 x 400m fast in pairs, lead out for 100m each and swap over.

**Spin**

1 min - 125RPM

1 min - rest 100-110 RPM

1.30- 125RPM

1.30 - rest 90-100 RPM

2 min - 130RPM

2 min - rest 80-90RPM