**October swim sets**

Thursday 3rd October

Warm up

150m FC easy

100m BC easy

50m BS easy

Drill sets

Working on leg kick and body position

5 x 25m FC legs only 25m full stroke

200m FC pull

5 x 50m push and glide into steady slow swim. Maintain good body position.

200m FC slow and steady.

5 x 25m catch up 25m full stroke.

5 x 50m Golf

Cool down

200m choice

Tuesday 8th October

Warm up

3 x 50m Full 50m Back 25m Brs 15sec RI all Easy

Drill sets

Working on body position

5 x 25m Kick hands by side rotate on to side to breath alternate side 25m full stroke all Steady 15sec RI

200m FC pull Steady relaxed low stroke rate

5 x 25m Kick side rotate on to back to breath alternate sides 25m full stroke all steady 10sec RI

200m FC steady low stroke rate

5 x 25m catch up + drag finger drill 25m full stroke 5sec RI

200m Back steady

5 x 50m Golf You should be good at this by now........

Cool down

200m choice

Thursday 10th October

Warm up

200m FC steady

50m Fly

Drill sets

Power through the water

4 x 50m kicking on side. Change sides after 6 leg licks. 30sec RI

200m FC flick hips through the water

5 x 25m Catch up 25m full stroke.

200m pull EASY

5 x 25m underwater recovery/full scull 25m full stroke.

100m FC slow motion. Try and put all technique together in full stroke

2 x 200m fast. 30sec RI

Cool down

200m change stroke every 50m

Tuesday 15th October

Warm up

3 x 50m Full 50m Back 25m Brs 15sec RI all Easy

Drill sets

Working on body position

5 x 25m Kick hands by side rotate on to side to breath alternate side 25m full stroke all Steady 15sec RI

5 x 25m Kick side rotate on to back to breath alternate sides 25m full stroke all steady 10sec RI

5 x 25m catch up + drag finger drill 25m full stroke 5sec RI

3 x 200m with 30sec RI as:

200m FC pull Steady relaxed low stroke rate

200m Back steady

200m FC steady low stroke rate

5 x 50m Golf You should be very very good at this by now........

Cool down

200m choice

Thursday 17th October

Warm up

150m FC

100m BC

50m BS

Drill set

5 x 25m sculling on back (no leg kick) 25m full stroke

200m FC 50m steady 150m easy

5 x 25m catch scull 25m full stroke

200m FC pull

5 x 25m accelerated pull (fingers closed) 25m full stroke

200m steady

10 x 25m 15sec RI minimum amount of arm pulls

4 x 50m Golf

Cool down

200m choice

Tuesday 22nd October

Warm up

100m Reverse IM order 30sec RI

100m IM order 30sec RI

Drill sets

Front end feel

4 x 25m as ½ front scull ½ full 5sec RI

4 x 25m as ½ doggie paddle head up ½ full 5sec RI

4 x 25m as ½ length head up ½ head down 5sec RI

4 x 25, as ½ brs arms only ½ FC 5sec RI

All above steady

4 x 50m Catch up 50m Full 15sec RI all steady

4 x 100m as 25m Fly 75m low rate easy effort FC

Cool down

200m choice

Thursday 24th October

Warm up

100m FC

100m BC

100m BS

Drill set

5 x 25m shark fin/zipper 25m full stroke

5 x 25m FC legs only 25m full stroke

2 x 200m 1st pull as easy 2nd full stroke

5 x 25m fists 25m full stroke

400m pull

Cool down

200m change stroke every 50m

Tuesday 29th October

Warm up

100m Reverse IM order 30sec RI steady

100m IM order 30sec RI steady

Drill sets

Front end feel

4 x 25m as ½ length head up ½ head down 5sec RI

4 x 25, as ½ brs arms only ½ FC 5sec RI

All above steady

4 x 50m Catch up 50m Full 15sec RI all steady

4 x 100m as 25m Fly 75m low rate easy effort FC

4 x 25m as ½ front scull ½ full 5sec RI

4 x 25m as ½ doggie paddle head up ½ full 5sec RI

Cool down

200m choice

Thursday 31st October

Warm up

150m FC

100m choice

2 x 100m IM 30sec RI

Drill set

4 x 25m fly leg kick 25m FC full stroke

100m FC

4 x 25m Breaststroke arms fly legs 25m FC full stroke

150m FC

4 x 25m fly 25m full stroke

200m FC pull

4 x 25m underwater recovery/full scull 25m full stroke

150m FC

6 x 100m maximum stroke minimum effort 30sec RI

Cool down

200m choice