

f/c = Front crawl

Pull = use hand paddles and pull boy

Kick = use kick board

## **SESSION 1**

1200m f/c warm up, easy pace. Stretch!

2 x 300m                      20 seconds rest

Increase pace

4 x 200m                      20 seconds rest

Increase pace

2x100m                      hard effort

30 seconds rest

200m cool down

2000m