

Comparison between 1 and 2 hour Wednesday Sessions

1hr 1hr

Week 1

Sprints

10 minutes gala warm up

5x 25 dive and sprints

9x50m Max with time with recovery intervals in between.

Kick Set

S/D

Total - 2000m +

Distance

1000m Warm up

Pace set prep set

Main- 1x400, 2x200, 4x100, recovery followed by 50's and 25's choice speed- high reps
low rest.

S/D

Total - 3200m

(Not previously offered)

Week 2

Sprints

Gala Warm up

8x100 race practice test set

Recovery

Turn practice.

S/D

Total- 2000m +

Distance

W/U (9m/600m)

1 x 400 FR w/snorkel @ :30 RI Every 4th length is drill

4 x 50 Dolphin Kick on Back @ RI :10

Prep Set (7m/350m)

7 x 50 at 800RP +5,+3,+1,

-1,

-1,+2,+5 @ :50

Main Set (36m/2400m)

800 for time @ 12:00

2 x 400 @ 5:45 under ½ of 800 time
4 x 200 @ 2:45 holding faster than the 400
S/D

Total- 3000m +

Previous 2 hr (Jan 7th)

W/U

Pre set - Aerobic No. 1 stroke

Main set timed race practices off the blocks 200s, 100s in waves

Sub set turn practice

S/D

Total 3000m

Summary

We are only 1000m down over the week with the 1 hr, 1 hr split sessions with the majority doing 1 extra gym session a week. This 1000m would have been done in a longer warm up or a prep set.

We are completing our main sets in a much more organised and efficient way with the lesser numbers.

The main set is the target of the session, and could not previously be extended because the high level sprinting quality we require can only be maintained for a shorter while than aerobic and threshold holds sets. The longer warm up or prep set was only adding to aerobic bases.

If swimmers want to make that extra 1k up we can easily put a set on the board for them to complete in lane swim at 9pm.