Masters Swimming Australia 50 x 50 x 50

Session Focus:	Building Fitness
Warm-up fins optional	**Distance**
400 CH	400
Drills and Skills fins optional	
• 2 x 50 favourite FR drill	
• 2 x 50 favourite BA drill	
• 2 x 50 favourite BRS drill	
• 2 x 50 favourite FLY drill	400
Main Set	
Heart starters (whole squad)	
• 4 x 25 as 15m Front End Speed sprint swim/easy to end of pool 10 sec RI	
• 2 x 50 hard 30 sec RI	300
Super 50 set	
Aim – To build fitness	
• 12 x 50 every 3rd fast 10 sec RI	
• 8 x 50 every 2nd fast. 20 sec RI	
• 4 x 50 all fast. 40 sec RI	1200
Cool Down	200
200 CH easy	**Total Distance 2500**
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