Masters Swimming Australia 50 x 50 x 50

Session Focus:	**Build The Stroke/ Speed 4,3,2,1**	
Warm-up	Freestyle with fins	**Distance**
10X50 Freestyle and Kick Frs in 50s		500
Drills and Skills	Freeestyle Fin Optional	
10 X 50 4,3,2,1	GRP A	GRP B	500
4 Kick	RI 15	RI 20	
3 Drill	RI15	RI 15	
2 swim	RI 15	RI 15	
1 sprint			
Main Set	**All strokes 4,3,2,1**	
10 X 50 4,3,2,1 reverse IMO		1,000
4 F/S	RI 20	RI 20	
3 Brs RI 15	RI 15	RI 15	
2 Back RI 10	RI 10	RI 10	
1 Fly (can be done as kick or F/S for non-flyers)		
10 X 50 Form Choice 4,3,2,1		
4 X Desc 1-4		
3X AZ pull Paddles F/S or Back		
2X fast 5m in, turn, 10 m out of 25m turn		
1 X easy		
Cool Down		500
10x50 KICK Fins no BOARD- 1 front; 2 side, 3 back, 4 eZ swim down RI A15- B20		**Total Distance 2500**
Program Creator:	Deb Francia MSNSW	