

Saturday Low Level Skills

Distance: **3,000 meters** Duration: **01:18:20** Stress: **33** Swims: **2** Course: **SCM** Type: **In pool** Created
Date: **10/12/2022** Author: **Gary Parsons**

Distance	Duration		Set Description	EGY	TYPE	STK	Pace
Warm-up (1)							
1,400	33:00	1 x	1 x 400 @ 07:00 Freestyle Fins Snorkel	AEB	S	FR	00:53
			2 x 300 @ 07:00 Freestyle IM - 1 Drill 2 Swim	AEB	S	FR	01:10
			8 x 50 @ 01:30 Free/by Pull Paddles with PB	AEB	S	FR	01:30
NOTE: Fins for first 2 exercises							
Race Skills Recap (1)							
1,600	45:20	4 x	4 x 25 @ 00:40 BPK	AEB	K	STK	01:20
			4 x 25 @ 00:45 Max U/W K to 15	AEB	K	STK	01:30
			4 x 25 @ 00:40 Pull (W/ Pull Buoy)	AEB	P	STK	01:20
			2 x 50 @ 01:30 Min Stroke Count Max U/W	AEB	S	STK	01:30

NOTE: IMO Per Round, Equipment dependant on swimmers technical needs