

## Kingfishers Training Set #1

### Warm up

2 x 100m 75m FS, 25m 6-1-6

100m FS Pull

### Sprints

5 mins Sprints 25m easy BA or BRS

### Main - Aerobic

10 x 25m IM on 40 secs

6 x 50m FS on 1.00

5 x 75m 50m FS, 25m FLY or BA on 1.40

4 x 100m FS on 2.10

10 x 25m IM on 30 secs

### Skills set (FS) - Reach and long pull

9 x 100m SA FS/BOARD TAP/FS

### Cool down

100m BRD TAP

2875m + sprints

6-1-6 One arm out in front for 6 kicks, one stroke then other arm in front for 6 kicks

FS Pull Free Style arms only with pool buoy between legs

BA Backstroke

BRS Breaststroke

IM International Medley (Fly, Backstroke, Breaststroke, Free Style)

SA FS Single arm Freestyle

BRD TAP Board tap; tap the board held between your legs on each stroke