Kingfishers Training Set #2		
Warm up		
100m	FS	
100m	BRD TAP	15 secs rest
Skills set (FS)		
4 x 100m	10-3-10/BUILD/SHARK FIN/EXP	15 secs rest
Main - Aerobic		
10 x 25m	FS/BA on 40 secs	
8 x 50m	FS on 1.00	
6 x 100m	75m FS, 25m FLY on 2.00	
8x 50m	FS on 1.00	
Cool down		
Chasing Rabbits or 100 m walking		
		2350m

FS	Free Style
BRD TAP	Board tap; tap the board held between your legs on each stroke
10-3-10	One arm out front for 10 kicks, 3 strokes, other arm out front for 10 kicks
BUILD	Start slow and increase speed
EXP	Explode. Start fast and decrease speed
BA	Backstroke
SHARK FIN	Raise elbow as if to take a stroke. Run your thumb from your hip up to your armpit then back down again. Then take the full stroke.
Chasing rabbits	Needs more than one! The slower one swims first and after 25m the faster swimmer sets out and tries to catch up.