

Kingfishers Training Set #3

Warm up

2 x 50m	FS	
2 x 50m	BRS	
2 x 50m	your choice	15 sec rest each 50m

Skills set

200m	Long Dog
200m	FS Pull
200m	BRS/FS Pull
200m	FT Drag
200m	Left arm/Right arm/Long Dog/FT Drag

Main

6 x 25m	FS	10 sec rest per 25m
4 x 50m	FS	15 sec rest per 50m
2 x 100m	FS	20 sec rest per 100m
4 x 50m	FS	15 sec rest per 50m
6 x 25m	FS	10 sec rest per 25m

Cool down

100m	Walking	2300m
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FS	Free Style
BRS	Breaststroke
Long Dog	Doggy paddle with long arms reaching out in front, never leaving the water
FS Pull	Free Style arms only with pool buoy between legs
FT Drag	Finger tip drag. Drag fingertips forward through the water keeping elbows high maintaining a good body roll
BA	Backstroke