

STAR SWIM SESSIONS APR - JUN 19

Date	Week	Aim of Session	Outline	Remarks
04 Apr	20	Improve speed / endurance, improve FC arms	Arm drill work + speed / endurance set	Harder reps, shorter rest
11 Apr	21	Improve strength, improve body position	Body drill work, strength set	Make you strong, like killer whale!
18 Apr	22	Improve strength & speed / endurance	Some leg + arm strength drills, speed / endurance main set	
25 Apr	23	Improve speed / endurance, improve FC kick	Kick drill work + speed / endurance set	Harder reps, shorter rest
02 May	24	Power work & endurance	Power drills + endurance set + OW drills	
09 May	25	Maximal test	Full session, OW drills, with a 400m best effort, plus bonus OW fun!	Early season monitor, get an indication of swim fitness for the tri.
16 May	26	Improve speed / endurance, improve FC arms	FC arm drill work + speed / endurance set	Harder reps, short rest
23 May	27	Speed work – sharpening	Some general drill work + short, sharp reps, lots of rest	Sharpening session before Durrington Tri on Sunday
30 May	28	Speed work - improve speed	Open-water (OW) drills + short, sharp reps, lots of rest	Working beyond Anaerobic Threshold. Make you fast like pike!
06 Jun	29	Speed / endurance, improve FC kick	Kick drill work + speed / endurance set	Harder reps, short rest
13 Jun	30	Speed work - sharpening	Open-water & general drills + short, very hard reps, lots of rest	
20 Jun	31	Speed work - sharpening	General drills + short, very hard reps, lots of rest	
27 Jun	32	Maximal test	Full session, with a 400m best effort	Mid-season monitor