

Surf Swimming

Junior Pool Program	Session details	Session Notes
Warm Up	200 warm Up 100 Kick 100 Pull 100 Swim Technique	Kick Board Pull Buoy
Main session	8 x 50m - 10 sec rest 4 x 100m - 10 sec rest 1 x 200m 2 x 100m 10 sec rest 2 x 50m 100m Pull	Can mix up strokes Recovery Swim
Cool Down	100m swim down	
Total	1700m	