

Surf Swimming

| Senior Pool Program | Session details | Session Notes |
|----------------------------|---|---|
| Warm up | 500 warm Up 200 Kick 100 Catch Up 200 Pull | Kick Board Pull Buoy |
| Main session | 4 x100m IM 10 sec Rest Broken 400m (200m swim/2 x100 Pull) (300m x 100 Pull /100 swim) (300m Pull/pad/100 swim) (4 × 50m sprint/200 swim) (400m swim faster 2nd 200m) | Can mix main session with different strokes 1 min rest between each set |
| Cool Down | 200m swim down | Recovery swim |
| Total | 3200m | |