

## **Ian Bett – Example Set**

### **Warm Up** (7.15 - 7.30pm)

400M mixed swimming free/form

### **Technique** (7.35 – 8.00pm)

500M

4 X 25M with 10 seconds rest between – free/form (breast) kicking

4 X 25M with 10 Seconds rest between – free/form drill (free - finger drag/form (breast) – 3, 2, 1 kick and stroke.

2 X 50M build – free

2 X 50M build - form

1 X 50M fast – free

1 X 50M fast - form

### **Main** (8.00 – 8.20pm)

800M

Pyramid - 200M Free pyramid with 5 seconds rest between legs.

Standard - aim to maintain under 60 seconds per 50M.

Superior – aim to maintain under 50 seconds per 50M.

### **Cool Down** (8.20 – 8.30pm)

200M mixed swimming

Total Kms = 1.9km

