

GREENWICH TRITONS SWIM.

[Thursday 26/April/2007]

THE ONLY PLACE THAT YOU'LL FIND SUCCESS BEFORE WORK IS IN THE DICTIONARY

WARM-UP

4L x **4 sets** on 2 min (16L)

THE REST IS

FIRST SWIMMER TO WAIT UNTIL THE LAST SWIMMER IS IN > THEN GO!

8L x **1 set** (24)

INCREASE PACE ON EVERY LENGTH

2l x **8 sets** on 1 min (32)

(Top lane on 50 sec)

(2nd Lane ON 55 SEC)

ON THE SET BELOW: SWIM @ A STEADY PACE, [80%]

BREATHING: HEAD-UP FOR 2 ARMSTROKES EVERY 10 ARMSTROKES.

8L

6L

4L

2L (52)

REST AS ABOVE >> 20 SEC REST BETWEEN SETS

ON THE SET BELOW SWIM @ A GOOD PACE [NO HEAD-UP]

2L

4L

6L

8L (72)

THE SETS BELOW TO BE SWAM AT OR ABOVE RACE PACE

FIRST SWIMMER TO WAIT UNTIL LAST SWIMMER IN LANE IS IN & WAIT 15 SEC

5L x 2 SETS (82)

4L x 2 SETS (90)

3L x 2 SETS (96)

[96]

(96 X 25 = 2400 meters)

AS USUAL; DUE TO NO / MINIMAL WARM-DOWN

PLEASE THOROUGHLY STRETCH OUT YOUR MUSCLES AFTER THIS SESSION.

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