

TUFF'N'UP tri squad

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Legend	
FR	Freestyle
BK	Backstroke
BR	Breaststroke
Kick	Use kickboard
@%	Effort
Drill	Any drill you know (specific movements done repetitively to improve technique)
Catchup	Freestyle, pull one arm at a time, touch your hands together out front between each alternating arm stroke.
distance on time	eg 50m on 1 min; Swim 50m every 1 minute
Partner Tows	Both swim with pull buoy. One swims freestyle (arms only) towing partner while partner holds swimmers ankles. Swap.
Partner Kicks	Both swim with pull buoy, front swimmer with kickboard, ankles held by partner at rear. Rear swimmer kicks, pushing front swimmer forwards. Swap.
Pull	Concentrate on 'pulling' strongly through water.
Unco	One-handed stroke, breathing on same side as the arm stroke
Breath 2-7, 7-2	One breath every 2nd stroke for 1 lap, then one breath every 3rd stroke for 1 lap, building to every 7th stroke, then reverse.
Disclaimer	
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	sets	Session 1	sets	Session 2	sets	Session 3	sets	Session 4	sets	Session 5
WARMUP	3 x	100m FR	3 x	100m FR	1 x	500m FR	10 x	Kick/FR/BR	2 x	25m run
	2 x	50m kick	2 x	50m BK					4 x	100m FR/BK/BR/FR
	2 x	100m drill	2 x	100m unco drill					6 x	100m FR
	1 x	100M BR	1 x	100m BR						
MAIN SET	6 x	50M walk sprints	4 x	50m on 1 min	10 x	50m partner tows	2 x	100m catchup	1 x	200m FR @ 50%
	2 x	150m sprint/easy	2 x	100m on 2 min	1 x	100m easy	2 x	100m of 5 r/arm, 5 l/arm, 5 full stroke	2 x	100m FR @ 70%
	1 x	300m max effort	1 x	200m on 4 min	8 x	25 partner kicks, change partners	2 x	100m double arm BK	3 x	50m FR @ 90%
	1 x	50m walk	2 x	100m on 2 min	1 x	200m easy	2 x	100m double kick BR	2 x	100m FR @ 70%
			4 x	50m on 1 min			2 x	100m 10 kicks on side 3 strokes repeat	1 x	200m FR @ 50%
							2 x	100m fast kick free		
COOLDOWN	2 x	100m drill	1 x	150m FR	4 x	150m FR/BK/BR	4 x	100m pull FR	1 x	300m easy
	1 x	breathe 2-7, 7-2	1 x	150m BK						
			1 x	150, BR						
TOTAL		2050m		2150m		2100m		2350m		2100m