

## Example Weekly Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM				Fast 50's Pull A2 - IM OD Kick		Fins Kick Fast 50's A1/A2 - Form	
PM	OD Free Quality Kick Scull	A3 - 100/200 HVO Drills Fins			MVO2 - No1 Fast 50's Pull HVO		

### Example Session - Friday PM

- WUP      400 Fins Im Rev as 4 x 100  
 350 Fins 50 Kick AAS 50 Build to fast finish Back  
 300 6 x 50 Dive 20F Cont  
 250 IM Roll with Fly Legs  
 200 Dec 50's No1  
 150 100 Strong  
 100 50 EZ 50 MAX
- MV02     Free and Back  
 18 x 100 (1.40)  
 5) HR 160 1)EZ  
 5)HR170 1)EZ  
 5)HR180 1)EZ
- PULL/PAD 16 x 50  
 DEC 1-4 to P200
- SD        8 x 50 Accend 1-4