

Gold & Silver Squad (junior)

Race Day Warm up

1. Silver squad: 100 easy free (20-30sec rest)
Gold squad: 200 easy free (20-30sec rest)
2. 4 x 50 as (25 M.O. drill + 25 M.O. kick) (20-30sec rest)
3. 4 x 50 as (25 M.O. sprint + 25 free easy) (20-30sec rest)
4. 4 x 15 M.O. dive sprints *walk back to the blocks
5. Choice race turns or race finishes

Race day warm down:

1. 100 easy mixed strokes
2. Turns or race finishes in the stroke you are racing in the next race