**700 pull & paddles - easy warm-up effort**

Focus on a strong catch and pull through. The finis agility paddle is a great swim aid to help you feel your catch while not putting excessive load on your shoulders.

**600 fins (25 6/1/6 + 75 free) x 6**

Working on good posture and alignment

**5 x 100 Swim at CSS + 2 pace staying on the beep**

To calculate pace, take your 100m CSS time, add 2 seconds and divide by 4. Set this time in mode 1 and stay on the beep. If not using a beeper, swim these 100s at a moderate effort. Take 15 seconds rest after each.

**400 pull – no paddles & pull buoy between ankles**

When you have the pull buoy between your ankles focus on your core to ensure you rotate as a single unit.

**300 fins (25 broken arrow + 75 freestyle) x 3**

The broken arrow drill helps to develop a good entry as you spear the water fingertips first. Focus on your entry and catch set-up when doing this drill.

**200 swim – practice sighting**

**100 choice cool-down**