

Atherton & Leigh Amateur Swimming Club

GALA WARM UP



100 Frs easy

100 Frs Kick

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Race Practice / Move to a lane with room / on the stroke which you are competing in the next session:

In 50's – easy pace stroke then last 15 metres Accelerating into PAD practice full race speed turns do at least 5 that you are happy with

Do 5 racing starts from the blocks at full speed for 25 metres – get this timed – KNOW your time ! This is your benchmark and a good indicator of how on form you are.