

Monday 01/06/14 Practice

Set #1

(300)

Tune Up

1 x 400 Focal Point to Whole Stroke

(FP to WS: focal point / focal point to whole stroke / whole stroke)

Set #2

(500)

10 x 50 with tempo trainer as follows:

1.2, 1.3, 1.4, 1.5, 1.45, 1.4, 1.35, 1.3, 1.25, 1.2

Count strokes and make a note of your stroke count and time

Set #3

(600)

4x150 pick stroke count based on previous 50s and break the 150s into first 50 minus one, next 50 your stroke count, next 50 plus one

Set #4

(1500)

5 x 300

-1 stroke count

average stroke count

+ 1 stroke count

average stroke count

-1 stroke count

Set #4

(200)

Cool Down

200 FP /FP to Whole Stroke / Whole Stroke

3100 yards / meters

Coach Moira Horan

Certified USAT Level 1 Coach

Level 2 Total Immersion Coach

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StayStrong Multisport Coaching