

**SESSION FOCUS**

Aerobic! This is from Swimsmooth so hence the Australian references.

**EQUIPMENT**

Non

**WARM UP**

200m Easy Freestyle

**MAIN SET**

12 lengths	600m	Cross eyed emus	CSS+7*
11 lengths	550m	Eleven limping lizards	CSS+6
10 lengths	500m	Ten nosy numbats	CSS+5
9 lengths	450m	Nine fat koalas	CSS+4
8 lengths	400m	Eight frill necked lizards	CSS+3
7 lengths	350m	Seven wobbly wombats	CSS+2
6 lengths	300m	Six cackling cockies	CSS+1
5 lengths	250m	Five pink galahs	CSS
4 lengths	200m	Four kicking kangaroos	CSS-1
3 lengths	150m	Three mincing magpies	CSS-2
2 lengths	100m	Two lucky lyrebird	CSS-3
1 length	50m	A kookaburra up the gum tree	CSS-4

Length count is for a 50m/yd pool - double the lengths for a 25m/yd pool.

\* To descend, take 0:25 off your Tempo Trainer Pro in Mode 1 after each swim.

**WARM DOWN**

100m easy breast stroke and back stroke