

NOTE – TECHNIQUE AND NEW SKILL DEVELOPMENT IS A KEY FOCUS IN ALL OUR SESSIONS

DAY	FOCUS	WHAT IT BUILDS
Monday	Pure Speed	Short bursts of absolute power, velocity, and maximum effort, with plenty of recovery between reps. The goal is simple: swim as fast as possible.
Tuesday	Pull + Kick	By training them separately, we can give each the attention it deserves before bringing them back together to create the most efficient stroke possible.
Wednesday	U.S.R.P.T.	Race pace, race skills, race mindset. Train exactly how you want to race through ultra-short, high-intensity repetitions with ultra-short recovery. Every detail matters, from pacing and stroke count to turns, streamlines, and breakouts.
Thursday	Aerobic Technique	Aerobic fitness and technique go hand in hand. This session focuses on developing your endurance while reinforcing the skills that make you a more efficient swimmer.
Friday	Aerobic Threshold	A high intensity workout that we all love to complete. Through repeated intervals, you'll build the ability to hold a strong, sustainable pace for longer while improving efficiency through a mix of swimming and pull work.
Saturday	Race Pace (100)	Breaking down the difference between front-end speed and back-end speed, understanding how to execute YOUR perfect 100 race from start to finish.
Sunday	Technique Lab	Slow everything down in order to be able to speed everything up. Swim with purpose, not just effort. Ask questions, seek feedback, and stay curious.