



Intermediate Pool – BLOCK 2

1	2	3	4	5	6	7	8
Balance, Hypox DPS, Drill	Balance, Hypox, DPS	Back & Balance Drills, INTERVALS	Back & Balance Drills, INTERVALS	3x Drills, Tumbles and Hypox	Fly Tech, 2x Drills w. Tumbles and Hypox	Fly Tech, Drill and Tumbles, INTERVALS	2x Drills w Tumbles, LONG INTERVALS
ASSESS 1st							
Prone Kick Side,Front,Str	Prone Kick Side,Front,Str	Back Kick (+Rotations)	1-armed Free Drill	1-armed Free Drill	1. Fly Kick 2. Fly Drill	1. Fly Kick 2. Fly Drill	Back Kick (+Rotations)
900m	2 x 400m	3 x 300	750m (3x 250)	750m (3x 250)	2 x 400 Fins	2 x 400 Fins	600 Fins
2 x 400m Pullbuoy	800m Pullbuoy	Rotational BalanceKick 2 x 300m	Rotational BalanceKick 600m	Back Kick (+Rotations)	Back Kick (+Rotations)	Side Kick 450m	Side Kick 300m
Hypox 2,3,4,5	Hypox 2,3,4,5	Drill 100m	Drill 1 st & last 100m	150m FINS	150m FINS	Tumbles	Tumbles
16x25m Open Finger DPS < 18	20x25m Open Finger DPS < 18	INTERVALS Pullbuoy	INTERVALS Paddles	Side Kick 450m	Side Kick 450m	INTERVALS Pullbuoy	INTERVALS Paddles
GoodPushoff	GoodPushoff	16x50m on w. Tumbles	24x50m on	Tumbles	Tumbles	10x100m on w. Tumbles	15x100m on
Shark Fin				600m Pullbuoy	2 x 300m Pullbuoy		
200m				Hypox 2,3,4,5	Hypox 2,5 & 2,6		

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