



# TEPS: Advanced – BLOCK 2

1	2	3	4	5	6	7	8
ENDUR & SPEED	DPS, BACK & KICK	BACK & MINIMAX	STRENGTH	ENDUR & SPEED	DPS, BACK & KICK	BACK & MINIMAX	STRENGTH
Warm Up 200m	DPS 12x25 6xNorm <13 6xPads <12	500m ev 5 <sup>th</sup> =Back	Warm Up 200m	Warm Up 200m	DPS 12x25 6xNorm <13 6xPads <12	500m ev 5 <sup>th</sup> =Back	Warm Up 200m
Tumbles	100 <u>Back</u>	400m ev 4 <sup>th</sup> =Back	Tumbles	Tumbles	100 <u>Back</u>	400m ev 4 <sup>th</sup> =Back	Tumbles
<b>DESCEND</b>	DPS 6x50 3xNorm <14 3xPads <13	300m ev 3 <sup>rd</sup> =Back	<b>ENDUR</b>	<b>DESCEND</b>	DPS 6x50 3xNorm <14 3xPads <13	300m ev 3 <sup>rd</sup> =Back	<b>ENDUR</b>
5x200 on4min Desc 1-5	100 <u>Back</u>	200m ev 2 <sup>nd</sup> =Back	3x400, R30 Descending	5x200 on4min Desc 1-5	100 <u>Back</u>	200m ev 2 <sup>nd</sup> =Back	3x400, R30 Descending
<b>TIME TRIAL</b>	DPS 3x100 3xNorm <15 3xPads <14	100m All =Back	Kick Recovery	<b>TIME TRIAL</b>	DPS 3x100 3xNorm <15 3xPads <14	100m All =Back	Kick Recovery
1x200 on6min AIM < 3.05	100 <u>Back</u>		100m BackKick (tumbles)	1x200 on6min AIM < 3.05	100 <u>Back</u>		100m BackKick (tumbles)
<b>DESCEND</b>	<u>HARD Back</u>	<b>MINIMAX</b>	<b>THRESHOLD</b>	<b>DESCEND</b>	<u>HARD Back</u>	<b>MINIMAX</b>	<b>THRESHOLD</b>
6x100 on2.10 Desc 1-6	200m Timed	18x50 6 on1.20 6 on.30 6 on1.45	20x75m HARD Free on1.30	6x100 on2.10 Desc 1-6	200m Timed	18x50 6 on1.20 6 on.30 6 on1.45	20x75m HARD Free on1.30
<b>TIME TRIAL</b>	<b>KICK (fin) INTERVALS</b>			<b>TIME TRIAL</b>	<b>KICK (fin) INTERVALS</b>		
2x100 on3.30min AIM < 1.30	20x50m 10xFront 10xBack			2x100 on3.30min AIM < 1.30	20x50m 10xFront 10xBack		
2200m	2400m	2400m	<b>3000m</b>	2200m	2400m	2400m	<b>3000m</b>

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