

**PACTRAC WEEKLY TRAINING PLAN – w/c 24 Jun 24**

**Mon – Swim OSSC**

**Technique – Athlete Centred Training –** Turn up, let the coach know what you want to work on. The coach can review and assist your swimming technique. Where possible video analysis will be used to assist both coach and athlete. There is no ClubPal booking for the technique session but if you feel that the swim set is too much, speak with the coach we will accommodate where we can.

**Warm up - continuous**

100 – FC

100 – Kick – No Fins

100 – Pull

100 – Kick – No Fins

**Main Set – Long Aerobic – Aim to swim every distance at the same pace – 20 sec recovery throughout**

200 FC

400 FC

600 FC

400 FC

200 FC

100 FC

300 FC

100 FC

**Cool Down**

200 easy – breath every 3 strokes

**Wed – OSSC**

**Mini-Series Race Five.** The fifth race of the 2024 Mini-Series. Entry and all details are via ClubPal.

**Swim –** There will be opportunity for those who would like to swim after the Mini-Series has finished in the pool. This will not be a coached or structured training session.

**Sat – Group Bike Ride** – All rides will be starting from Herlington Centre car park, Orton Melbourne, Peterborough.PE2 5PW All attendees are to book on via ClubPal where all the ride information can be found.

**Sun – Juniors Training –** Junior training taking place at Stanground between under the direction of coach Simon. All details are available on ClubPal.

**RACE SEASON** – As we all know, race season is well and truly upon us. If you are racing locally and are looking for some friendly support, use the Club social media pages to let others know where you will be racing. It’s always nice to see a friendly face when you are racing so don’t be shy – let us know where you will be, and you never know – that friendly face just might pop up and give you that much needed encouragement.