

Group Swim Sessions With Garry Mason

Starting 11/9/2017

Location: Brookfeild Leisure Centre.

<https://goo.gl/maps/cJ1pZaTMLZv>

Please read carefully as this is not a learn to swim programme

This Season I will be running 3 different classes to accommodate all levels of athlete .

The first on Monday night at 19.30-20.30, 2 lanes .

Lane 1 repeating 100's at 1.40, Lane 2- repeating 100's at 1.25 ,Target Times,Max 6 per lane (12)

This session we be aimed at competent athletes requiring some small corrections to Technique and will focus throughout the season on building up to high performance swimming . We will start with building up endurance ,establishing individual threshold times ,making sure that Technique does not break down under pressure and ultimately learning how to achieve free speed .

I will be running Two Morning sessions 06.45-07.45, Tuesday and Thursday, 3 lanes .

Lane1 repeating 100's at 1.25-1.40, Lane 1 Meters covered in 1 hr session 2.5-3.0 km

Lane 2 repeating 100's at 1.45-1.55. Lane 2 Meters covered in 1 hr session 2.0-2.5 km

Lane 3 repeating 100's at 2.00-2.15 ,Lane 3 Meters covered in 1 hr session 1.5-2.0 km

Max athletes per session (18)

These sessions will be for open water swimmers ,Triathletes and serious keep fit swimmers and is a Goal orientated program focusing on improving speed and stamina .

The morning sessions will cater for all levels of swimming ability. These sessions will focus on athletes requiring some small corrections to Technique and will be building up to endurance swimming

Price is 60 euro. For each of the three session or, 100 euro if you choose to do two session per week

Sessions will run for 6 week

For more information feel free to contact me on direct 0876182690

Garry .