

# Warm Up

Coaches please tell your swimmers

- Enter at Far Side of Pool Deep End
- Exit at Shallow End, when you hear the whistle.

Next Group in,

- Queue at Far Side of pool.
- Wait until Told to enter.
- Enter at Deep end ONLY

**SPRINT LANES = ALL Lanes**

**for, Last 5 Min of Each Session.** (Male & Female)

- Dive in,
- Exit at Shallow End,
- Walk Back