

Session 1

Warm up

200 Free
100 Back
100 IM (200 IM if longcourse)

Technique set

8 x 50 as 25 Drill/25 Swim – slow and precise + all on the same stroke
20s rest

Main set

Effort level should be around 7 out of 10 with good skills

200 FC
2 x 100 FC
200 FC
2 x 100 Back
20s rest approx

Swim Down

200 easy as 50 Kick/50 Choice

Session 2

Warm up

300 as 50 Free/50 Back
100 FC with minimum breathing

Kick set

4 x 50 FC kick
4 x 50 Fly kick on back
20s rest

Main set

Effort level should be around 7 out of 10 with good skills

5 x 100 FC – faster on the 2nd 50
6 x 50 IM Switch
10-20s rest

Swim Down

200 as 50 Drill/50 swim

Session 3

Warm up

4 x 100 as FC, Back, IM, choice

Technique set

All on same stroke – slow and precise

3 x 50 Body position kick

3 x 50 Drill

2 x 50 Swim

2 x 25 Fast

20s rest

Main set

2 x 150 as 50 Fast/100 steady

2 x 150 as 50 steady/50 Fast/50 steady

2 x 150 as 100 steady/50 Fast

4 x 50 as 25 Max/25 steady

20s rest

Swim Down

200 as 50 Kick/50 Choice

Session 4

Warm up

300 as 25 IM order/50 Free

4 x 25 as 15 Max/10 Easy

Kick set

4 x 50 FC kick on side

2 x 100 IM kick

20s rest

Main set

Effort level should be around 7 out of 10 with good skills

200 FC

4 x 50 no.1

150 FC

4 x 50 no.1

100 FC

4 x 25 no.1

50 FC

10-15s rest

Swim Down

200 as 50 Drill/50 Swim