

**Training set 1**  
**(45-60mins)**

**Warm up**

300 as 50 Free/50 Back  
200 IM  
100 choice

**Distance per stroke set (12m)**

(counting strokes – aim for low stroke count)

8 x 50 working best DPS  
- 4 x Breast @ 1.10  
- 4 x FC @ 1.00

**Main set (11m)**

100 FC @ 1.40  
100 Back @ 1.50  
100 FC @ 1.40  
100 Breast @ 2.00  
100 FC @ 1.40  
100 IM @ 1.50  
100 FC @ 1.40

**Subset (10m)**

6 x 50 Max effort @ 1.30  
One of each stroke and 2 x own choice

**Swim down**

100 sculling or double arm backstroke

**Training set 2  
(45-60mins)**

**Warm up**

600m own choice – include at least 50m of each stroke

**Kick set (12m)**

4 x 100 FC Kick @ 2.30

1 – 25 Max/75 steady

2 – 50 Max/50 steady

3 – 75 Max/25 steady

4 – 100 Max

**Main set (**

Take 20s rest between each swim

200 IM

150 Back

100 Breast

50 Fly

50 Free

100 Back

150 Breast

200 IM

**Swim down**

100 own choice easy

**Training set 3  
(45-60mins)**

**Warm up (**

200 FC  
150 Back  
100 Breast  
50 Fly

**Fly kick set (12m)**

6 x 50 Fly Kick on back - no fins @ 1.20  
8 x 25 as 10 fast Fly kicks then sprint FC to the end @ 40

**Main set (18m)**

16 x 50 in IM order (done as Fly, Back, Breast, Free) x 4 @ 1.00 (Breast @ 1.10)  
holding technique

**Swim down**

100 easy

**Training set 4  
(45-60mins)**

**Warm up (**

600m own choice warm up – mix pull, kick and swim

**Breathing set (12m)**

2 x 100 Breathing every 3

2 x 75 Breathing every 4

2 x 50 Breathing every 5

2 x 25 Breathing every 6

**Main set (18m)**

200 IM @ 4.00

50 Free @ 1.00

100 Free @ 2.00

50 Free @ 1.00

100 Back @ 2.00

50 Free @ 1.00

100 Breast @ 2.15

50 Free @ 1.00

200 IM

**Swim down**

100 sculling or double arm backstroke

**Training set 5**  
**(45-60mins)**

**Warm up (**

400 as 75 FC/25 Back  
200 IM Drill

**Kick set (12m)**

8 x 50 FC Kick as 25 build/25 Max effort @ 1.15

**Main set (18m)**

4 x 100 Mix FC and Backstroke – work on 5 Fly kicks off each wall @ 20-30s rest  
4 x 75 as 25 Fly/25 Back/25 Breast @ 20-30s rest  
4 x 50 Mix FC and Backstroke with 7 Fly kicks off each wall @ 15-20s rest  
4 x 25 own choice Sprint @ 15-20s rest

**Swim down**

100 FC – long slow strokes  
100 sculling or double arm backstroke

## **Training set 6 (45-60mins)**

### **Warm up (**

100 Backstroke

200 as 2 x (50 FC/50 Breast)

300 as 3 x (25 Fly/75 Choice)

### **Drill set (12m)**

5 x 50 as FC zipper drill

5 x 50 Backstroke – 3 left/3 right arm pulls – work on pushing chin towards ceiling and shoulder rotation

All with 15-20s rest

### **Main set (18m)**

5 x 100 @ 1.45

1 = 100 FC

2 = 25 Back/75 FC

3 = 50 Back/50 FC

4 = 75 Back/25 FC

5 = 100 Back

9 x 50 @ 1.05

3 as 25 Fly/25 Back

3 as 25 Back/25 Breast

3 as 25 Breast/25 FC

### **Swim down**

200 as 50 Drill/50 swim – own choice

## **Training set 7 (45-60mins)**

### **Warm up (**

200 Swim  
200 Kick  
200 Pull  
Own choice strokes

### **Kick set (12m)**

4 x 50 Fly kick on Back – use whole body to kick @ 20s rest  
4 x 25 sprint FC Kick – as fast as possible @ 20s rest  
4 x 25 Fly kick on front – as far as possible underwater @ 30s rest

### **Main set (18m)**

#### Twice through

25 FC with 5s rest  
50 FC with 10s rest  
75 FC with 15s rest  
100 FC with 20s rest  
75 FC with 15s rest  
50 FC with 10s rest  
25 FC  
1 minute rest  
Maintain short rest and 3 fly kicks off each wall

### **Swim down**

100 Easy own choice

**Training set 8  
(45-60mins)**

**Warm up (**

600m own choice – Mix at least 75m of each stroke

**Breaststroke set (12m)**

4 x 50 Breast drill – 1 pull 2 Kicks – make sure head is down whilst doing kicks

4 x 50 Breast swim – make sure head is down!

Take 15-20s rest

**Main set (18m)**

5 x 100 IM – Hard effort working on IM skills @ 1.50 rest

8 x 50 FC as fast as possible @ 55

**Swim down**

300 as 2 x (50 Kick/50 Drill/50 Swim) own choice strokes



## **Training set 9 (45-60mins)**

### **Warm up (**

300 as 50 FC/50 Back  
200 as 50 FC/50 Breast  
100 as 50 Fly/50 FC

### **Fly technique set (12m)**

(With fins if possible)

8 x 25 Fly drill – 4 left/4 right arms – work on breathing every 2 and 2 kicks every arm pull

6 x 25 Fly swim – Breathing every 2 and 2 kicks every arm pull

2 x 50 Fly swim – maintain technique

Take 30s rest between each swim

### **Main set (18m)**

200 FC firm pace

100 Backstroke working on technique (chin up)

200 FC firm pace

100 Breaststroke – working technique (head down)

200 FC firm pace

100 IM firm pace

200 FC firm pace

Take no more than 30s rest between any swim

### **Swim down**

150 as 25 Kick/50 Drill/75 swim

**Training set 10**  
**(45-60mins)**

**Warm up (**

200 FC with 3 Fly kicks off each wall

4 x 100 as 1 Fly, 1 Back, 1 Breast, 1 FC – As 25 Kick/50 Drill/25 swim working on technique

**Kick set (12m)**

1 x 100 FC Kick Max effort

2 x 50 FC Kick Max effort

4 x 25 FC Kick Max effort

@ 20-30s rest

**Main set (18m)**

8 x 50 with one on each stroke and then 4 own choice strokes

Take 1 minute rest between each 50 but swim as fast as possible on every one!

Try to check time on the clock

**Swim down**

2 x 50 Drill

100 Swim

2 x 50 Double arm backstroke

**Training set 11**  
**(45-60mins)**

**Warm up (**

600m own choice warm up – anything you want to do

**FC drill set (12m)**

6 x 50 FC zipper drill – work on high elbows and hand close to head @ 20-30 seconds rest

2 x 100 FC swim with inch-perfect technique

**Main set (18m)**

4 x 200 IM Hard consistent effort with 45s rest

4 x 50 in IM order – Drill or slow swim working on technique with 20-30s rest

3 x 100 IM Fastest possible pace with 30s rest

**Swim down**

200 easy as 25 Back/25 FC

**Training set 12**  
**(45-60mins)**

**Warm up (**

300 as 75 FC/25 Breast

300 IM as 25 Kick/25 Drill/25 Swim on each stroke

**Subset (12m)**

8 x 50 own choice strokes – own choice drill @ 20-30s rest

**Main set (18m)**

8 x 50 FC BEST effort @ 1.00

100 Easy Backstroke/choice

6 x 50 FC BEST effort @ 1.10

100 Easy Backstroke/choice

4 x 50 FC BEST effort @ 50

**Swim down**

3 x 100 as 25 Kick/75 swim – super slow + work on technique