

Session 1 – Sun

3,100 + Swim Down

Warm Up:

200 fc}
100 ba} X 2
50 fc}

Main Set:

50 – 75 – 100 – 125 – 150 -> fc
15 secs in between then reverse
150 – 125 – 100 – 75 – 50 <- Ba

50 – 75 – 100 – 125 – 150 -> fc
15 secs in between then reverse
150 – 125 – 100 – 75 – 50 <- Br

2 x 200 pull alt Fc – IM 30 secs

Swim Down

12 x 50 swim down med to fast up slow back

Session 2 – Mon

2,400 + Swim Down

Warm Up:

2x 150 fc
2 x 150 ba – br 25's pull
2 x 150 ba – br drills
100 choice

(Ladies lane does 100's)

Main Set:

4 x 50 fc r/o 40
2 x 100 fc r/o 1.45 / 200
8 x 25 form r/o 30/40/50
2 x 100 form r/o 2.15/2.30
4 x 75 f/c r/o 1.30
2 x 150 r/o 2.45

Swim Down:

300 with fins and paddles

200 choice no fins or paddles

Session 3 -

2,750 + Swim Down

Warm Up:

5 x 200 (150 free / 50 kick)
fc, ba, br, choice reverse IM drills

Main Set:

50, 100, 150, 200, 150, 100, 50 15 sec rest in between each
Fly ba br fc ba br fly

500 pull sw = (125 alt f/c-ba)

3 x 50 Kick first 15 all out sprint R/O 2.00

3 x 50 sprint all out! R/o 1.30

3 x 50 catch up drill all out R/O 1.30

Swim Down:

400 swim down

Either swim as 25's 50's +10

Session 4 – Sun

3,600 + Swim Down

Warm Up:

800 Warm-up swim = 200s 200d 200k 200s

Main Set:

Drill Set 6x100's finger tip drag / paddles on 1.50 / 2.00

4x100's free on the 1.40/50 fast pace

Kick 8x50's kick with a 15 second rest med to fast pace

2x500's on 10.00 /10.30 sw each 100 = 75 f/c 25 other than

2x200's pull with a 20 second rest

Swim Down:

10x50's free on the 1.10 this is the swim down!

Session 5

3,000 + Swim Down

Warm Up:

500 Free
400 Drimo (Drill Reverse IM Order)
300 Back
200 Kick choice
100 IM

Main Set:

Pull Set 6 x 100 fc r/o 2.00/2.10

4x100 Free Descend 1.45- 1.40- 1.35.

1x50 Non Free Sprint r/o 1.10

The above x 2

Swim Down:

Choice swim down

Session 6

2,200 + Swim Down

Warm Up:

8 x 100 on 2.15

8 x 50 f/c up b/a return 1.00

Main Set:

12 x 75 swim, drill swim

b/a b/r f/c

B/r f/c b/a

F/c b/a b/c

Repeat on 1.15

100 kick

Swim Down:

8 x 25 on 30 swim down

Session 7

2,400 + Swim Down

Warm Up:

100 fc sw
200 fc pull
300 mixed kick
200 choices other than fc
100 fc

Main Set:

10 x 150 sw = 50 k 100 swim on 1, 3,5,7,9 r/o 2.50/
sw = 50 pull 100 swim on 2,4,6,8,10 r/o 2.45

Swim Down:

300 mixed swim down

Session 8

3,200 + Swim Down

Warm Up:

400 fc

100 pull fc

200 kick with fins

300 IM with fins

Main Set:

8 x 200 broken 100 plus 10 then last swimmer plus 20

Even fc odds choice

8 x 75 im order kick drill swim

Plus 20

Swim Down:

swim down

Session 9

4,400 + Swim Down

Warm Up:

300m swim

300m pull

300m kick

300m swim choice

The above continuous pace

Main Set:

1 x 400m f/c – 6.30/6.45/700

2 x 200m f/c – 3.15/3.30/3.45minutes

4 x 100m f/c – 1.30/1.40

8 x 50m f/c – 45 sec

8 x 50m form half 100m fc speed (35/40) (40/45)

4 x 100m form + 20

2 x 200m form + 25

1 x 400m form + 10

Heart Rate between 30-40 beats below max

Swim Down:

Session 10 - Sun

3,300 + Swim Down

Warm Up:

2 x 100 f/c r/o 1.40

400 f/c sw = 100 pull 100 drill 100 swim 100 IM
10 sec's in between each

400 kick sw = IM order no boards! 10 secs

8 x 50 max to relax on 60's alt f/c br

Main Set:

8 x 200 r/o 3.45

Sw = 50 fc 150 fly

50ba 150 br

50 br 150 ba x 2

50 fly 150 fc

300 choice with fins

Swim Down:

6x 75 kick drill swim fc last 25 f.p.p

200 kick br swim down bring in arms on the last 50

Session 11 - Mon

3,050 + Swim Down

Warm Up:

200 fc r/o 3.00

400 alt fc/ba (100 drill 100 pull 100 kick 100 swim)

2 x 100 br – fc

accelerate in on last 5mtr on br max

out on fc 5mtr +20'rest

200 own choice

Main Set:

Top lane 4 x 150 f/c sw = first 50 max 100 med r/o 2.30/45
slow lane 3.30/4.00 (may have to give an extra 15' on
one only)

100 easy back/br 2.00

3 x 150 f/c sw = first 75 max 75 med r/o 2.30/45

slow lane 3.30/4.00 (may have to give an extra 15' on
one only)

100 easy back/br 2.00

2 x 150 f/c 100 med 50 max r/o 2.30/45

slow lane 3.30/4.00 (may have to give an extra 15' on
one only)

100 easy br kick

8 x 50 kick/sw IM order r/o 1.15/20

Swim Down:

400 swim down as

75 br 50 ba 75 fc 50 br

Session 12 - Mon

2,600 + Swim Down

Warm Up:

800 Swim as
200sw 200 pull 200drill 100kick 100swim continuous
4 x 75 BA-BR Kick drill swim
+15 seconds
(Amend slow lane accordingly)

Main Set:

4 x 150 swim as
50 fc 100 ba
50 ba 100 br
50br 100 fc
50choice 100choice
r / o 2.15 /2.30
ladies 2.45 fc ba
2.30 2.45 3.00 br
Repeat the above set twice

12 x25 max to relax on 45

Swim Down:

300 swim down ba - fc. Or
200 choice

Session 13 - Mon

2,250 + Swim Down

Warm Up:

200 fc r/o 3.00

200 IM swim as 50's plus 5 sec's

but rotate speed on first 25 fly fast, back fast, etc, etc.
then +20'

200 kick (100 fc 100 pull) +20'

2 x 100 br -fc accelerate in on br max out on fc +20'

200 own choice

Main Set:

Top lane 4 x 150

sw = first 50 max 100 med r/o 2.30

mid lane 2.45

slow lane 3.00/3.15

100 easy back/br 2.00

3 x 150 sw = first 75 max 75 med r/o 2.15

mid lane 2.30

slow lane 3.00/3.15

100 easy back/br 2.00

This set will be quite intense for some, if swimmers don't make the times add 15'

Swim Down:

Session 14

3,100 + Swim Down

Warm Up:

- 400 fc 1 x 10 meter burst on every 100
- 400 IM swim as 100's but rotate speed on each stroke
fly fast, back fast, etc, etc.
- 200 kick (100 fc 100 br)
- 200 fly –fc accelerate in on fly max out on fc

Main Set:

- 4 x 100 fc FPP r/o 1:40 / 1:50
- 2 x 150 recovery ba r/o 3:00
- 3 x 100 form r/o (ba 2:00 br 2:15)
- 2 x 150 recovery ba r/o 3:00
- 2 x 100 fc FPP r/o 1:40 / 1:50
- 2 x 150 recovery ba r/o 3:00
- 1 x 100 fc FPP r/o 1:40 / 1:50

Swim Down:

- 300 swim down with fins

Session 15

3,000 + Swim Down

Warm Up:

4 x 50 ba – fc r/o 1.20

4 x 50 fc – br r/o 1.30

4 x 50 br – fly r/o 1.30

200 fc burst on 2,4,6,8 for 10 into and 10 out of the turns
emphasis on smooth 3.00

200 fc kick accelerate in and out of the turns last 5

Main Set:

6 x 300 consists of 100 pull 100 drill 100 swim

10 secs rest between each 100

Odds easy evens FPP!

R/o 4.00

200 easy choice not fly!!

Swim Down:

8 x 50 fly up max 15

choice return r/o 1.00

Session 16

2,100 + Swim Down

Warm Up:

8 x 100 on 2.15 / 2.30

8 x 50 f/c up b/a return 1.00 / 1.15 / 1.20

Main Set:

12 x 75 swim, drill swim

b/a b/r f/c

B/r f/c b/a

F/c b/a b/c

Repeat on 1.15 / 1.20 top 1.20 / 1.25 middle

Ladies +15

Swim Down:

200 choice swim down easy

Session 17

2,600 + Swim Down

Warm Up:

5x150 s,p,d,k,s
4x 50 f/c - back kick
150 choice

Main Set:

4 x 100 f/c
100 choice
4 x 100 br
100 IM
4 x 100 f/c
100 ba
All on last swimmer plus 15/20

Swim Down:

singles on 45

Session 18

2,600 + Swim Down

Warm Up:

5x150 s,p,d,k,s

4x 50f/c- back kick

150 choice

Main Set:

Top lane 10x100 on 1.45 alt f/c choice

Middle and ladies add 10 and 20

Sub set 10x 50 kick alt f / c up choice back

Swim Down:

Swim down singles on 45