

Week 1 (3 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Aerobic Base Swimming 200m Fc - Intensity: A1 - Swim Easy Working on Technique from the first stroke.</p> <p>6 x 25m - Underwater - 30 seconds rest - Intensity: A1 - Kick *underwater as far as you can, swim the remainder of the length Fc.</p> <p>12 x 25m - FC kick - 30 Rest - Intensity: SPEED - Swim in blocks of 4 and descend (each one gets faster in a block).</p> <p>8 x 50m FC - 20 seconds rest - Intensity: A1 - Easy swim with great technique. consistent stroke count (SC) on each length.</p> <p>8 x 25m FC - 20 seconds rest - Intensity: A1 - Easy swim with great technique. consistent stroke count (SC) on each length.</p> <p>6 x 50m Underwater - 20 Rest - Intensity: A1 - Easy swim with great technique. consistent stroke count (SC) on each length.</p> <p>150m Swim choice - intensity: A1 - Swim down slow and steady. 01h:00m</p>		<p>Aerobic Base Swimming 6 x 100m - Mixed stroke - 20 seconds rest - Intensity: A1 - 50m fc/15m Underwater/35m Bk.</p> <p>6 x 25m FC - 40 seconds rest - Intensity: SPEED - 10m Max effort/15m Easy.</p> <p>200m FC Kick - Intensity: Test Set - Max Effort. Record your time.</p> <p>2 x 300m FC - 30 seconds rest - Intensity: A1. 1. Maintain consistent stroke count (SC) throughout swim 2. Descend 100's 1 to 3 ie. the last 100m should be faster than the first. Increase speed by a minimum of 2 sec per 100m.</p> <p>150m BK/FC - Intensity: A1 - alternate 25m of each stroke. steady cool down.</p> <p>01h:00m</p>		<p>Aerobic Base Swimming 400m FC/BK - Intensity: A1 - 75m FC/25M BK</p> <p>6 x 25m Fc Kick - 30 seconds rest - Intensity: SPEED - Max effort FC kick.</p> <p>400m Fc - Intensity: A2 Test Set - Try to maintain consistent SC and slit times for each 100m.</p> <p>2 x 200m FC - 30 seconds rest - Intensity: A1 - To include 40m underwater somewhere within the 200m. eg. you could do 10m underwater on 4 of the 8 lenghts of each 200m.</p> <p>2 x 200m Fc - 30 seconds rest - Intensity: A1 - 50m Swim/Kick/Drill/Swim. 01h:00m</p>		

Week 2 (3 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Aerobic Base Swimming 6 x 100m FC - 30 Rest - Intensity: A1 - 50m FC, 25m Underwater, 25M Fc.</p> <p>6 x 50m FC - 30 seconds Rest - Intensity: SPEED - 15m Max effort/ 35m easy.</p> <p>All the folloing at Intensity: A2 100 FC - 20 seconds rest. 150 FC - 25 seconds rest. 200 FC - 30 seconds rest. Strong pace (80% effort), Aim is to work your CV system and to maintain a consistent SC throughout the whole set. Complete this set twice.</p> <p>4 x 50m Fc/Bk - 20 seconds rest - intensity: A1 - 25m Bk/ 25m Fc.</p> <p>01h:00m</p>		<p>Aerobic Work Swimming 5 x 100m FC - 20 seconds rest - Intenisty: A1 - Swim each 100m as: 25m swim, 25m kick, 25m swim, 25m kick.</p> <p>12 x 50m FC - 20 seconds rest - Intensity: SPEED - 15m underwater *Powerkick 35m easy Fc, focus on good technique.</p> <p>6 x 100m FC - 20 seconds rest - Intensity: A2 - Descend effort 1 to 3 and 4 to 6. Make sure your effort increases from 70% > 80% > 85% across swims for each set of 3 x 100s. Aim is to try and maintain a consistent SC as effort and speed increases across the set. (note: Your SC will probably rise, focus on retaining control of the stroke length).</p> <p>300m Choice - Intensity: A1 - Swim the 300m as (100m swim, 100m kick, 100m swim). 01h:00m</p>		<p>Aerobic Work Swimming 400m FC - Intensity: A1 - 75m Fc/ 25m Bk (repeat)</p> <p>6 x 50m FC - 30 seconds rest - Intensity: SPEED - Swim each 50m as: 15m Max effort no breath, 35m really easy - focus on technique.</p> <p>Below pyramid set is all at intensity A2. 100m Fc - 30 rest 200m Fc - 30 rest 300m Fc - 30 rest 300m Fc - 30 rest 200m Fc - 30 rest 100m Fc Strong swim all way through set at a pace equivalent to a fast jog. Try to maintain a constant SC.</p> <p>200m Choice - intensity: A1 - your choice swim down. 01h:00m</p>		

Week 3 (3 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Aerobic Work Swimming 5 x 100m Mixed stroke - 20 seconds rest - intensity: A1 - Each 100m as 75m Fc, 25m Non Fc.</p> <p>8 x 25m Fc - 30 seconds rest - Intensity: SPEED - Build each 25m from 70% to 100%</p> <p>The below main set is all at intensity A2. 2 x 100m FC - 20 rest - Strong pace 80% effort. 4 x 50m Fc Kick - 20 rest - Descend 1 to 4 (last 50m at 90% effort) 3 x 100m Fc - 20 rest - Strong Pace 4 x 50m Fc Kick - 20 rest - Descend 1 to 4 4 x 100m Fc - 20 rest - Strong Pace 4 x 50m Fc Kick - 20 rest - Descend 1 to 4</p> <p>300m Choice - Intensity: A1 - your choice stroke. 01h:00m</p>		<p>Aerobic Work Swimming 600m Fc/Bk - intensity: A1 - Swim as: 75m Fc, 25m Bk, 25m Underwater, 25m Fc Breathing every 3 - then repeat.</p> <p>10 x 25m Fc - 30 seconds rest - Intensity: SPEED - 12.5m Max, 12.5m easy effort.</p> <p>All below at intensity A2 5 x 100m Fc - 15 rest - Controlled swim with consistent SC. 5 x 100m Fc - 20 rest - Breath every 3 strokes consistent SC. 5 x 100m Fc - 25 rest - Breath every 5 strokes consistent SC.</p> <p>150m Choice - intensity: A1 - your choice stroke. 01h:00m</p>		<p>Threshold Swimming 4 x 150m Mixed stroke - 20 seconds rest - Intensity: A1 - 100m Fc, 50m bk 100m Fc, 50m Fc kick 100m Fc, 50 Fc drill (catch up) 100m Fc, 50 Fc breath every 5 strokes</p> <p>8 x 50m Fc - 30 rest - Intensity: SPEED - Descend 1 to 4 & 5 to 8. only descend the 1st 25 of each 50 keep the 2nd 25 steady and breath every 3. eg: swim 1 & 5 at 70%, swim 2 & 6 at 80%, Swim 3 & 7 at 90% and swim 4 & 8 at 100%.</p> <p>12 x 100m Fc - 30 rest - Intensity: T - Hold the fastest average time. This will be a tough set. Don't start out too quickly and aim for around 85% effort all the way through.</p> <p>200m choice - intensity: A1 - Your choice stroke. 01h:00m</p>		

Week 4 (3 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Threshold Swimming 5 x 100m Mixed stroke - 30 seconds rest - Intensity: A1 - Swim as 50m Fc (rest 5 seconds), 25m Underwater, 25m Choice stroke.</p> <p>6 x 75 m Fc - 20 rest - Intensity: SPEED - Odds - 15m max effort, 60m easy. Evens - 60m Easy, 15m max effort.</p> <p>Main set 300m Fc - 30 rest - Intensity: T - Build pace through the 300m at each 100m, 70%, 80%, 90%.</p> <p>4 x 50m Fc Kick - 20 secs rest - Intensity: A2 - Strong pace (80% effort)</p> <p>Rest additional 60 seconds and repeat main set.</p> <p>200m Fc - Intensity: A1 - Swim easy, Breath every 3 strokes.</p> <p>01h:00m</p>		<p>Aerobic Work Swimming 500m Fc - Intensity: A1 - 100m Swim, 100m Kick, 100m Drill, 100m Kick, 100m Swim</p> <p>8 x 25m Fc Kick - 20 rest - Intensity: SPEED - Max effort.</p> <p>Main set all at intensity A2. 4 x 50m Fc - 15 rest - Strong consistent pace (80%) 100m Fc - 20 rest - Build pace through swim 70% to 80%. 4 x 50m Fc - 15 rest - Strong Constant pace as above. 2 x 100m Fc - 20 rest - Build pace through as above. 4 x 50m Fc - 15 rest - Strong constant pace as above. 3 x 100m fc - 20 rest - Build pace through as above.</p> <p>300m Bk/Fc - Intensity: A1 - Swim as 25m Swim, 25m Kick, 25m Drill, 25m Swim (repeat) Alternate every 100m between Bk & Fc. 01h:00m</p>		<p>Speed Swimming 2 x 200m Fc - 20 rest - Intensity: A1 - 150m Swim/ 50m Kick.</p> <p>10 x 25m Fc - 30 rest - Intensity: SPEED - Underwater powerkick. Go as far as you can go with 1 breath, Swim the rest of the length easy Fc (full stroke).</p> <p>Main Set 3 x 100m Fc - 20 rest - Intensity: SPEED - First 25m of each 100m as Max effort, remaining 75m Breath every 3 strokes focusing on good technique. 100m Choice - 15 rest - Intensity: A1 - Easy swim. 4 x 100m Fc - 20 rest - Intensity: SPEED - 25m (max) 75m (controlled) as above. 100m choice - 15 rest - Intensity: A1 - Easy Swim. 5 x 100m Fc - 20 rest - Intensity: SPEED - 25m (max) 75m (controlled) as above.</p> <p>150m Choice - Intensity: A1 - Swim as far as you need to get rid of any lactate in your system. 01h:00m</p>		

Week 5 (3 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Aerobic Work Swimming 2 x 200m Mixed stroke - 20 rest - Intensity: A1 - 100m Fc Swim/ 50m Kick/ 50m Bk.</p> <p>All below as intensity: SPEED. 4 x 25m Fc - rest 40 secs - Max effort. 100m choice - rest 30 - easy swim. 2 x 25m Fc - rest 40 secs - Max effort. 100m Choice - easy swim.</p> <p>Main Set all at intensity: A2 500m Fc - 30 rest - Fc swim constant SC throughout. 400m Fc Kick. - 30 rest - Steady Kick. 300m Fc - 30 rest - Breath every 3, Constant SC. 200m Fc Kick. - 30 rest - Steady Kick. 100m Fc - Breath every 5, Constant SC.</p> <p>300m Choice - Intensity: A1 - Easy choice swim down to include 25m Underwater. 01h:00m</p>		<p>Threshold Swimming 6 x 100m Mixed - 30 rest - Intensity: A1 - 50m Fc/ 25m Underwater. 25m Choice (take 5 secs before u/w length).</p> <p>16 x 25m Fc - 20 rest - Intensity: SPEED - Desc 1 to 4 (60,70,80,90% effort) same for swims 5 to 8; 9 to 12; 13 to 16 (increase speed through leg kick)</p> <p>Main set 2 x 50m Fc - 20 rest - Intensity: T - Max effort 100m Choice - 30 rest - Intensity: A1 - Easy Swim. Complete this set 5 times (ie: you should do a 10 x 50m in total).</p> <p>200m Choice - Intensity: A1 - Swim a minimum of 200m easy. 01h:00m</p>		<p>Speed Swimming 500m Fc - Intensity: A1 - 100m swim, 100m kick, 100m swim, 100m pull, 100m kick.</p> <p>8 x 50m Fc - 40 rest - Intensity: SPEED - 15m underwater powerkick, 10m easy swim.</p> <p>Main Set 3 x 100m Fc - 20 rest - Intensity: A2 - 50m drill/ 25m easy/ 25m sprint. 150m Fc - 30 rest - Intensity: A1 - Steady kick. 3 x 100m Fc - 30 rest - Intensity: A2 - 25m sprint/ 50 drill/ 25 easy swim. 150m Fc Kick - 30 rest - Intensity: A1 - steady kick. 3 x 100m Fc - 30 rest - Intensity: A2 - 25m easy/ 25m sprint/ 50 drill.</p> <p>200m Fc swim - Intensity: A1 - 50m swim, 25m drill, 50m swim, 25m drill, 50m swim. 01h:00m</p>		

Week 6 (3 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Aerobic Work Swimming 4 x 200m Fc - 20 rest - Intensity: A1 - 50m swim, 50m kick, 50m drill, 50m swim.</p> <p>6 x 25m Fc kick - 20 rest - Intensity: SPEED - Desc 1 to 3 as easy/ strong/ max.</p> <p>Main Set 4 x 300m Fc - 40 secs rest. - Intensity: A2. Reps 1 &2 1st 100m breath every 2 strokes 2nd 100m breath every 3 strokes 3rd 100m breath every 4 strokes</p> <p>Reps 3 &4 1st 100m breath every 3 strokes 2nd 100m breath every 5 strokes 3rd 100m breath every 7 strokes</p> <p>300m choice - Intensity: A1 - choice swim to include 100m kick. 01h:00m</p>		<p>Speed Swimming 6 x 100m mixed - 30 rest - Intensity: A1 - 50m Fc/ 25m underwater/ 25m choice.</p> <p>2 x 400m Fc - 30 rest - Intensity: A2 - Breath every 3 strokes and maintain consistent SC.</p> <p>Main Set 25m Fc Kick - rest 20 - Intensity: SPEED - Kick Max effort. 100m Fc - 20 rest - Intensity: A1 - swim easy. 50m Fc Kick - rest 20 - Intensity: SPEED - Kick Max effort. 100m Fc - 20 rest - Intensity: A1 - swim easy. 75m Fc Kick - rest 20 - Intensity: SPEED - Kick Max effort. 100m Fc - 20 rest - Intensity: A1 - swim easy. 100m Fc Kick - rest 20 - Intensity: SPEED - Kick Max effort. 100m Fc - 20 rest - Intensity: A1 - swim easy.</p> <p>250 m choice swim - intensity: A1 - Easy Swim down. 01h:00m</p>		<p>Threshold Swimming 400m Fc - Intensity: A1 - Alternate 1 swim 1 drill.</p> <p>8 x 50m Fc - 20 rest - Intensity: SPEED - 12.5m Max effort, 37.5m easy.</p> <p>Main Set 12 x 100m Fc - 20 rest - Intensity: T 4 x 100 kick - desc 1 to 4 4 x 100 swim - desc 1 to 4 4 x 100 kick - desc 1 to 4 1st 100m 60% effort 2nd 100m 70% effort 3rd 100m 80% effort 4th 100m 90% effort</p> <p>2 x 250 m choice - 30 rest - Intensity: A1 - 50m swim, 50m kick, 50m swim, 50m drill, 50m swim. 01h:00m</p>		

Week 7 (3 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Speed Swimming 10 x 100m Mixed - 30 rest - Intensity: A1 - Alternate 1 swim 1 drill.</p> <p>Main Set 4 x 25m Fc - 20 rest - Intensity: SPEED - Max effort. 100m Fc - 20 rest - Intensity: A1 - Swim easy. 3 x 25m Fc - 20 rest - Intensity: SPEED - Max effort. 100m Fc - 20 rest - Intensity: A1 - Swim easy. 2 x 25m Fc - 20 rest - Intensity: SPEED - Max effort. 100m Fc - 20 rest - Intensity: A1 - Swim easy. 1 x 25m Fc - 20 rest - Intensity: SPEED - Max effort. 100m Fc - 20 rest - Intensity: A1 - Swim easy. 2 x 25m Fc - 20 rest - Intensity: SPEED - Max effort. 100m Fc - 20 rest - Intensity: A1 - Swim easy. 3 x 25m Fc - 20 rest - Intensity: SPEED - Max effort. 100m Fc - 20 rest - Intensity: A1 - Swim easy. 4 x 25m Fc - 20 rest - Intensity: SPEED - Max effort.</p> <p>300m Choice - Intensity: A1 - easy choice swim down. 01h:00m</p>		<p>Threshold Swimming 400m Mixed - Intensity: A1 - STeady Swim</p> <p>12 x 25m Fc Kick - 30 rest - Intensity: SPEED - Alternate 1 max effort, 1 easy.</p> <p>Main Set. 2 x 100m Fc - 30 rest - Intensity: T - Maintain constant SC. 100m Fc - 30 rest - Intensity: A1 - Easy Swim. 2 x 100m Fc - 30 rest - Intensity: T - Maintain constant SC. 100m Fc - 30 rest - Intensity: A1 - Easy Swim. 2 x 100m Fc - 30 rest - Intensity: T - Maintain constant SC. 100m Fc - 30 rest - Intensity: A1 - Easy Swim. 2 x 100m Fc - 30 rest - Intensity: T - Maintain constant SC.</p> <p>400m Choice - Intensity: A1 - easy choice swim down. 01h:00m</p>		<p>Aerobic Work Swimming 400m Fc - Intensity: A1 - 200m swim/ 100m drill/ 100m swim.</p> <p>12 x 25m Fc Kick - 20 rest - Intensity: SPEED - Alternate 1 max effort / 1 easy.</p> <p>12 x 100m Fc - 30 rest - Intensity: A2 - 2 x 100m easy / 1 x 100m strong (90%) 4 times through.</p> <p>200m choice - Intensity: A1 - easy choice swim down. 01h:00m</p>		

Week 8 (3 hours)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Aerobic Work Swimming 2 x 300m Fc - 30 rest - Intensity: A1 - 100m swim, 100m kick, 100m swim.</p> <p>8 x 25m Fc - 30 rest - Intensity: SPEED - 15m Max effort, 10m easy swim.</p> <p>300m Fc - 30 rest - Intensity: A2 - Easy swim working on technique. 5 x 50m Fc - 20 rest - Desc 1 to 4 (to around 90% effort) 300m Fc - Intensity: A2 - Easy swim working on technique.</p> <p>6 x 50m Fc - 40 rest - Intensity: A1 - 25m underwater / 25m swim Underwater is the main theme so concentrate on achieving as far as you can each 25m 01h:00m</p>		<p>Aerobic Base Swimming 6 x 100m Mixed - 20 rest - Intensity: A1 - 50m Fc/ 15m underwater/ 35m Bk.</p> <p>6 x 25m Fc - 40 rest - Intensity: SPEED - 10m Max effort/ 15m easy.</p> <p>200m Fc Kick - Test Set - Max effort. Record your time.</p> <p>2 x 300m Fc - 30 rest - Intensity: A1 - 1. Maintain consistent stroke count (SC) throughout swim 2. Descend 100's 1 to 3 ie. the last 100m should be faster than the first. Increase speed by a minimum of 2 sec per 100m</p> <p>150m Bk/Fc - intensity: A1 - alternate 25m's on each each stroke. Steady cool down. 01h:00m</p>		<p>Aerobic Base Swimming 400m Fc/Bk - Intensity: A1 - 75m Fc/ 25m Bk.</p> <p>6 x 25m Fc Kick - 30 rest - Intensity: SPEED - Max effort Fc kick.</p> <p>400m FC - A2 Test Set. - Try to maintain consistent SC and split times for each 100m.</p> <p>2 x 200m Fc - 30 rest - Intensity: A1 - To include 40m underwater somewhere within the 200m eg. you could do 10m underwater on 4 of the 8 lengths of each 200m</p> <p>2 x 200m Fc - 30 rest - Intensity: A1 - 50m Swim/ Kick/ Drill/ Swim 01h:00m</p>		