Easter Swimming Program

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Component Breakdown - Advanced

300m Fc 8:00

5x100m Kick with kickboard as:
   25m Max effort, 75m Easy 2:00

4x100m Drills as:
   1. Finger drag - concentrate on high elbow
   2. 12 kicks on each side - concentrate on rotation
   3. Fast Kick Slow motion Arms
   4. First half of each length Max Tarzan 2:00

3x100m Pull with pull buoy as:
   Breathing every 3/5/3/7 2:00

2x100m Dolphin kick as:
   25m front, left, right, back 2:00

1x100m Sculling (pull buoy optional) as:
   25m catch, mid, exit, combo 2:00

1x100m Fc as:
   Super slow, perfect technique, count strokes

1x100m Fc as:
   Fast, perfect technique, no breathing within flags

1x100m Fc as:
   Super slow, perfect technique, count strokes

300m warm down - own choice
Component Breakdown - Foundation

300m Fc

6x100m Drills

1. Finger drag - concentrate on high elbow
2. Fists ↑ / Swim↓ - forearm position and feel of water
3. Zip up, salute - high elbow
4. 12 kicks on each side - focus on rotation and extension
5. Single Arm (left ↑ / right ↓) - rotation and extension
6. Fast Kick Slow motion arms ↑ / Swim↓

4x100m Kick

25m Max effort, 75m Easy

4x100m Pull

Breathing every 3/5/3/7

2x100m Dolphin kick

25m front, left, right, back

2x100m Sculling

25m catch, mid, exit, combo

1x100m Fc

Super slow, perfect technique

200m warm down - own choice
Endurance

Warm Up
300m fc 8:00

4x50 Drill as:
1. Zip up & Salute 2. 12 kicks each side
3. Finger drag 4. Fast Kick Slow Arm on 3\textsuperscript{rd} swimmer

Main set
\begin{align*}
200\text{m moderate} & 3:30 & 4:00 \\
3\times & 2\times 100\text{m strong} & 1:45 & 2:00 \\
4\times 50\text{m fast} & 1:00 & 1:15 \\
\end{align*}
(Fast lane do extra 200m, Slower lane miss last 2x50m)

Warm down
2x100m Kick 25m strong, 75m steady
1x100m Sculling Catch, Mid, Exit, Combo
Own choice till end
Speed

**Warm Up**

300m warm up 8:00

4x50m Drill as:

1. Zip up & Salute  2. 1,2,3 + hold

**Quick Sprints**

6x25m Max Effort 1:00

200m Easy 4:00

**Main speed set**

14x50m Interval Speed Set 1:15

Alternating 50s as Max and Easy

**Kick and warmdown**

50m MiniMax (Minimum strokes, maximum effort)

3x100 Kick - 25m Max 75m Easy 2:00

Own choice warm down until end
Amphibian

**Warm up**

300m Fc warm up  
100m as 12 kicks on each side  
100m as 1,2,3+hold  
100m as smooth swimming

3:00

Focus on rotation and extension

**Amphibian Set**

- 10 press-ups
- 10 crunches
- 6x 10 squats
  - Jump in for 50m Sprint
  - Pull yourself out and repeat
- 5 narrow press-ups
- 6x 20 ab flutter kicks
  - Jump in for 50m Sprint, repeat

**Warm Down**

125m Easy kick

100m Easy pull focussing on high elbow, rotation and extension

100m Scull - catch, mid, exit, combo

Own choice warm down until end
Monster Endurance - Advanced

**Warm up**

400m fc  8:00
4x50 own choice drills  1:00

**Main set**

\[
\begin{align*}
2x & \\
& \quad 4x200 @ +30 on PB  3:30 \\
& \quad 2x100 @ +15 on PB  2:00 \\
& \quad 1x50 @+5 on PB  1:00 \\
& \quad 1x50 easy  1:00 \\
\end{align*}
\]

**Warm down**

1x50 minimax  1:00
2x50 pull  1:00
3x50 kick - first half length max  1:00
4x50 scull  1:00
# Monster Endurance - Foundation

## Warm up

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
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<tbody>
<tr>
<td>300m fc</td>
<td>7:00</td>
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<tr>
<td>3x50 own choice drills</td>
<td>1:15</td>
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## Main set

<table>
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<tr>
<td>3x200 @ +30 on PB</td>
<td>4:00</td>
</tr>
<tr>
<td>2x100 @ +15 on PB</td>
<td>2:30</td>
</tr>
<tr>
<td>1x50 @+5 on PB</td>
<td>1:00</td>
</tr>
<tr>
<td>1x50 easy</td>
<td>1:00</td>
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## Warm down

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<td>2x50 pull</td>
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<tr>
<td>3x50 kick - first half length max</td>
<td>1:15</td>
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<tr>
<td>4x50 scull</td>
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Resistance - Advanced

Warm up

400m fc 8:00

Build

4x50 kick WITHOUT Kickboard 1:30
4x50 pull WITHOUT Pullbuoy (cross legs) 1:30
4x50 dolphin leg kick 1:30

PUT T-SHIRTS ON

Mainset + T-Shirts

\[
\begin{align*}
200m & \text{ Moderate pace } 4:00 \\
100m & \text{ Strong pace } 2:00 \\
50m & \text{ Fast pace } 1:00 \\
2x & \\
2x50 & \text{ kick WITH kickboard - first 15m max } 1:00 \\
2x50 & \text{ pull WITH Pullbuoy - first 15m max } 1:00 \\
2x50 & \text{ dolphin leg kick } 1:30 \\
\end{align*}
\]

Warm Down

T shirts off, Own choice warm down until end
Resistance - Foundation

**Warm up**
300m fc 7:00

**Build**
3x50 kick (Kickboard optional) 1:40
3x50 pull (Pullbuoy optional) 1:40
3x50 dolphin leg kick 1:40

PUT T-SHIRTS ON

**Mainset + T-Shirts**

200m Moderate pace 4:30
100m Strong pace 2:30
50m Fast pace 1:30

2x
50m kick WITH kickboard - first 15m max 1:30
50m pull WITH Pullbuoy - first 15m max 1:30
50m dolphin leg kick 1:30
50m distance per stroke 1:30

**Warm Down**
T shirts off
100m swim, 100m kick, 100m scull
Pyramids

**Warm up**

300m fc  7:00

**Pull**

50m  1:00
100m  2:00
150m  3:00
100m  2:00
50m  1:00

**Swim**

100m  2:00
200m  4:00
300m  6:00
200m  4:00
100m  2:00

**Kick**

25m  1:00
50m  2:00
75m  2:30
100m  3:00
75m  2:30
50m  2:00
25m  1:00

Choice Warm Down until end