

Lent Swimming Program

Tuesday 7:30-8:30	Thursday 7:30-8:30	Friday 7:00-8:00
	19.1.17 Component Breakdown	20.1.17 Component Breakdown
24.1.17 Component breakdown	26.1.17 Endurance	27.1.17 Endurance
31.1.17 Endurance	2.2.17 Speed	3.2.17 Speed
7.2.17 Speed	9.2.17 Amphibian	10.2.17 Amphibian
14.2.17 Amphibian	16.2.17 Monster Endurance	17.2.17 Monster Endurance
21.2.17 Monster Endurance	23.2.17 Resistance	24.2.17 Resistance
28.2.17 Resistance	2.3.17 Pyramids	3.3.17 Pyramids
7.3.17 Pyramids	9.3.17 Amphibian	10.3.17 Amphibian
14.3.17 Fun Relays	16.3.17 Fun Relays	17.3.17 Fun Relays

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 8:00

6x100m Drills as:

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↓

2:15

4x100m Kick with kickboard as:

25m Max effort, 75m Easy

2:15

4x100m Pull with pull buoy as:

Breathing every 3/5/3/7

2:15

2x100m Dolphin kick as:

25m front, left, right, back

2:15

2x100m Sculling (pull buoy optional) as:

25m catch, mid, exit, combo

2:15

1x100m Fc as:

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 rd swimmer |

Main set

3x	{	200m moderate	3:30	4:00
		2x100m strong	1:45	2:00
		4x50m fast	1:00	1:15

(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
3. Finger drag
4. Fast Kick Slow Arm on 3rd swimmer

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	8:00	
100m as 12 kicks on each side	2:00	} Focus on rotation and extension
100m as 1,2,3+hold	2:00	
100m as smooth swimming	2:00	

Amphibian Set

6x	}	10 press-ups
		10 crunches
		10 squats
		Jump in for 50m Sprint
		Pull yourself out and repeat

6x	}	5 narrow press-ups
		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

2x {	4x200 @ +30 on PB	3:30
	2x100 @ +15 on PB	2:00
	1x50 @+5 on PB	1:00
	1x50 easy	1:00

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

300m fc	7:00
3x50 own choice drills	1:15

Main set

2X	{	3x200 @ +30 on PB	4:00
		2x100 @ +15 on PB	2:30
		1x50 @+5 on PB	1:00
		1x50 easy	1:00

Warm down

1x50 minimax	1:15
2x50 pull	1:15
3x50 kick - first half length max	1:15
4x50 scull	1:15

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

2x	{	200m Moderate pace	4:00
		100m Strong pace	2:00
		50m Fast pace	1:00
		2x50 kick WITH kickboard - first 15m max	1:00
		2x50 pull WITH Pullbuoy - first 15m max	1:00
		2x50 dolphin leg kick	1:30

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

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