

Component Breakdown - Advanced

400/300m Fc 8:00

6x100m Kick with kickboard as:

25m Max effort, 75m Easy 2:00

5x100m Pull with pull buoy as:

Breathing every 3/5/3/7 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 Dolphin kick as:

25m front, left, right, back 2:00

2x100m 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

3km

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

5x100m 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

3x100m 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

2.6km

Endurance

Warm Up

400m fc (300m for slower lane) 8:00

4x50 Drill as:

1. Zip up & Salute
2. 12 kicks each side
3. Finger drag
4. Fast Kick Slow Arm on 3rd 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

Around 3km

Speed

Warm Up

400/300m warm up 8:00

4x50m Drills - own choice 1:00

Quick Sprints

8x25m Max Effort 1:30

200m Easy 4:00

Main speed set

12x50m Interval Speed Set 1:00

Alternating 50s as Max and Easy

Kick and warmdown

4x100 Kick - 25m Max 75m Easy 2:00

Fun relays if time

Own choice warm down until end

Around 2.2km

Amphibian

Warm up

400/300m 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

Taster Session 1

5 min warm up

Drills

- 1 x 50 - Finger drag - focus on high elbow
- 2 x 50 - Zip up + salute - focus on high elbow
- 3 x 50 - 12 kicks on each side - focus on extension + rotation
- 2 x 50 - Fists ↑ / Swim ↓ - forearm position and feel of water
- 1 x 50 - Fast kick, slow motion arms - focus on arm technique

Sprints

8 x 25 - Max effort

Component Breakdown

1 x 50 - swim

2 x 50 - sculling

3 x 50 - kick with kickboard

4 x 50 - pull with pull buoy

3 x 50 - kick with kickboard

2 x 50 - sculling

1 x 50 - swim

5 x 50 - 50 slow, 50 medium, 50 fast, 50 medium, 50 slow

Relays

Warmdown

(just over 2km)

Taster Session 2

Warm up and Drills

300m f/c warm up

4x50m drill as:

Finger drag, fists, zip up + salute, 12 kicks each side

3x50m kick

2x50m pull

1x50m sculling

Main Set

4x	{	100m strong	2:30
		50m DPS (distance per stroke)	1:30
		50m Max	1:30
		100m DPS	2:00
		50m MiniMax (min strokes, max effort)	1:30

Warmdown

100m easy own choice warmdown (put in some backstroke)

25m sculling, alternating positions, repeat until end on 3rd swimmer

About 2.4km

Time Trials

300m warm up	6:00
4x50 own choice drills	1:00
3x50 kick	1:00
2x50 pull	1:00
1x50 Distance per Stroke	1:00

TIME TRIAL - 200m

Recovery - 100m fc, 100m bc, 100m fc

TIME TRIAL - 100m

Recovery - 100m fc, 100m bc, 100m fc

TIME TRIAL - 50m

Recovery

100m fc

100m bc

100m fc

100m kick

100m scull

100m swim

Fun relays till 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

3.3km

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

2.75km

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

2.4km

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

2.15km