



## Session 1

This session uses a pattern called a "locomotor" alternating recovery and fast swimming without rest between the effort levels (fartlek training). This type of training forces you to develop new gears that can be used while racing. The locomotor pattern is: 25 rec, 25fast, 50rec, 50fast, 75rec, 75fast, 100rec, 100fast.

As the distance gets shorter, you chop off the back part of the pattern. Repeat this set twice if you can. Really try to vary your pace as much as possible. Mushing your effort levels into one big medium effort swim negates the benefit of the set.

### Warm Up

Comfortable Swim	200m
Up to 6 x 100m Alt 50Free, 50 Choice	600m

### Main Set x 2 if you can

500 locomotor	+ 30 after each
300 locomotor	
150 locomotor	
50 locomotor	

1-  
2km

Cool Down  
3 x 100 easy

+ 15

### Cool Down

3 x 100 easy	300m
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## Session 2 ~ something for your lungs

### **Lung warm up**

repeat twice if you want a longer session

# 1 breathe every 3 strokes (B3), #2 B5, #3 B7, #4 B3)

4 x 25 as above

4 x 50

4 x 75

### **Main Set**

**5 x 200 + 15 seconds rest swam as:**

100m as 25 kick on left, 25 kick on right, 50 Swim

100 as 50 6/1/6 50 swim

Don't let your lead arm drop - stay strong

### **Cool Down**

run in shallow to 1/2 way. Dolphin to deep, Swim Back

X 4,6 or 8    Continuous



### Session 3

**WARM UP:** 3 x 200 on B pull desc 1-3

1 x 500 at Jetty Pace +60

1 x 50 Fast +20

1 x 400 at Jetty Pace +60

2 x 50 Fast +20

1 x 300 at Jetty Pace +60

3 x 50 Fast +20

1 x 200 at Jetty Pace +60

4 x 50 Fast +20

1 x 100 at Jetty Pace

1 x 200 - All that you have left in the tank

**Cool Down** 3 x 100 with Fins + 15



## Session 4

The goal of this session is to mix a longer swim with control 100's where you can check you are holding the same time for each 100. Don't go out too fast and not hold the same time for each of the 100's. It will be your CSS time if you know it.

**WARM UP:** 3 x 300 on B pull desc 1-3

1 x 400 Strong free +60

1 x 100 hold time +15

1 x 300 Strong free +60

2 x 100 hold time +15

1 x 200 Strong free +60

3 x 100 hold time +15

1 x 100 Strong free +60

4 x 100 hold time +15

**Cool Down**

300 3 x 100 on :15 recovery



## The ultimate Fitness

Go straight into this session. No need to warm up as the first few swims will do that for you. Aim to swim each 100 in the same time for each swim. This takes concentration on pace not to go off too hard for the first few. The goal is increase your speed by a little amount as the session progresses so you really need to be conservative at the start.

<b>Then</b>	<b>Target time</b>	<b>Rest</b>
4 x 200	CSS + 3	30 seconds
3 x 200	CSS + 2	30 seconds
2 x 200	CSS +1	30 seconds
1 x 200	CSS	30 seconds

### **Cool Down**

200m nice & easy roll the shoulders over

Suck the air in. Mix in some crazy arms. Feel really good about yourself

Want a bigger challenge repeat the above as a set of 10 x 300's or 10 x 400's

See Website for more info on CSS if not sure.