



Instructions

The main set for these sessions should be completed at an easy to medium pace. The aim of these sessions is to build consistency in your swimming at a manageable pace

Number	Session	Distance
Session 1	<p>Warm up 4 x 100m easy</p> <p>Main Set 2 x 100m (30s rest) 1 x 200m (60s) 2 x 100m (30s) 1 x 200m (30s) 2 x 100m (30s)</p> <p>Cool Down 2 x 50m easy</p>	1500m
Session 2	<p>Warm up 2 x 200m easy</p> <p>Main Set 12 x 100m (20s) – they are 100’s, but don’t go too fast!</p> <p>Cool Down 2 x 50m easy</p>	1700m
Session 3	<p>Warm up 50m 100m 150m 200m</p> <p>Main Set 3 times through the following: 2 x 100m (30s) 1 x 200 (30s)</p> <p>Cool Down 2 x 50m easy</p>	1800m

Session 4	<p><u>Warm Up</u> 2 x 50 2 x 100 2 x 200</p> <p><u>Main Set</u> 1 x 100 (30) 1 x 200 (30) 1 x 300 (30) 1 x 300 (30) 1 x 200 (30) 1 x 100 (30)</p> <p><u>Cool Down</u> 2 x 50 easy</p>	2000m
Session 5	<p><u>Warm Up</u> 2 x 100m FC 2 x 75m FC 2 x 50m (fast, easy)</p> <p><u>Main Set</u> 2 x 250 (30) 2 x 200 (30) 2 x 150 (30) 2 x 100 (30) 2 x 50 (30)</p> <p><u>Cool Down</u> 2 x 50m easy</p>	2150m
Session 6	<p><u>Warm Up</u> 300 easy 200 easy 100 easy</p> <p><u>Main Set</u> 5 x 200 (30) 5 x 100 (30)</p>	2100m
Session 7	<p>Main Set – No Warm Up Today</p> 3 x 100 (30) 1 x 300 (30) 3 x 100 (30) 1 x 400 (30) 3 x 100 (30) 1 x 500 (30)	2100m

Session 8	<p><u>Warm Up</u> 300 easy 200 easy 100 easy 4 x 50 as (25 fast, 25 very easy)</p> <p><u>Main Set</u> 2 x 15mins continuous swim with 2 mins rest</p> <p><u>Cool Down</u> 2 x 100m easy</p>	n/a
Session 9	<p><u>Warm Up</u> 300 easy</p> <p><u>Main Set</u> 2 x 200 FC (25 fast + 175easy) (+15s) 2 x 200 FC (50 fast + 150 easy) (+15s) 2 x 200 FC (100 fast + 100 easy) (+15s) 2 x 200 FC (150 easy + 25 fast, 25 easy) (+15s)</p> <p><u>Cool Down</u> 2 x 50m easy</p>	2000m
Session 10	<p><u>Warm Up</u> 200 easy</p> <p><u>Main Set</u></p> <ul style="list-style-type: none"> • 6 x 50m FC steady • 2 x 200m steady (as 50m kick - no float, 150m swim) • 3 x 50m • 3 x 100m • 3 x 150m • 3 x 100m easy <p><u>Cool Down</u> 2 x 50m easy</p>	2200m
Session 11	<p><u>Warm Up</u> No warm up</p> <p><u>Main Set</u> 4 x 600m as (300, 200, 100) ie. 300+ rest, 200+, 100+ rest etc The rest for each round decreases</p> <ol style="list-style-type: none"> 1. 30s rest after each 2. 25s rest after each 3. 20s rest after each 4. 15s rest 	2400m

Session 12	<p><u>Warm Up</u> 300m 200m 100m</p> <p><u>Main Set</u> 1000m Continuous Swim at easy pace 5 x 100 (20s)</p> <p><u>Cool Down</u> 100m easy swim</p>	2200m
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