

Swimming Sessions:

Basic structure:

Warm up; Endurance; Rest; Sprints; Cool down

W1 – 24 laps (FREESTYLE TECHNIQUE)

Warmup

2 freestyle + 2 choice stroke

Endurance

4 Arm drills (Catchup = tapping water with elbows up)

4 freestyle (fast for 25, slow for 50, fast for 25)

Sprints

4 sprints (freestyle only) - (do in 3's)

4 breakstroke (build up from 50% to 90%)

Cool down

2 backstroke + 2 choice

W2 – 22 laps (BUILDING QUADS)

200m warmup

4 freestyle – 60% pace

Endurance

4 Medley (fast for 25, slow for 50, fast for 25)

4 kicking drills

Sprints

4 sprints (1 choice, left arm for butterfly, 1 choice, right arm butterfly)

2 sprints - choice

Cool down

2 breaststroke + 2 choice

W3 – 24 laps (BREASTSTROKE TECHNIQUE)

200m warmup

(1 freestyle + 1 breaststroke) x 2

Endurance

4 breaststroke (fast for 25, slow for 50, fast for 25)

4 breaststroke - leg only/ arm only

Sprints

4 sprints (1 breaststroke, 1 choice)

2 sprints backstroke

Cool down

4 choice

**** Breaststroke - butterfly kick to help enhance your movement up and down; or two breaststroke kicks per stroke to help you be long in the water

W4 – 24 laps (ENDURANCE)

200m warmup

6 freestyle

Endurance

4 (fast for 25, slow for 50, fast for 25)

4 – leg only/ arm only

Sprints (70% only)

4 sprints - choice

Cool down

4 freestyle

W5 – 24 laps (BUTTERFLY)

200m warmup

2 freestyle, 2 choice

Endurance

4 (fast for 25, slow for 50, fast for 25)

4 butterfly = (kick only, one arm only) 2

Sprints (70% only)

2 sprints – butterfly

2 sprints – breaststroke

Cool down

4 freestyle

*** Butterfly - single arm butterfly or two kicks underwater between strokes to make it easier

W6 – 24 laps (BACKSTROKE)

200m warmup

2 freestyle, 2 backstroke

Endurance

4 (fast for 25, slow for 50, fast for 25)

4 backstroke = (kick only, one arm only) 2

OR 6 kicks and change

Sprints (70% only)

2 sprints – backstroke

2 sprints – freestyle

Cool down

2 freestyle, 2 backstroke