

## Swim Program

### Program 1

#### **Warm up**

200m swim

100m pull

100m kick

400m (10min)

#### **Main Set**

30 X 50m in 1min

kick, pull, swim, drill, choice stroke.

1500m (30 min)

#### **Cool down**

200m easy swim not FC

200m (5min)

TOTAL = 2100m

### Program 2

#### **Warm up**

200m swim

100m pull

100m kick

400m (10min)

#### **Main Set**

15 X 100m in 2min

pull, swim, drill.

1500m (30 min)

#### **Cool down**

200m easy swim not FC

200m (5min)

TOTAL = 2100m

### Program 3

#### **Warm up**

200m swim

100m pull

100m kick

400m (10min)

#### **Main Set**

8 X 200m in 3.45min

pull, swim.

1600m (30 min)

#### **Cool down**

200m easy swim not FC

200m (5min)

TOTAL = 2200m

## **Program 4**

### **Warm up**

200m swim  
100m pull  
100m kick

400m (10min)

### **Main Set**

4 x 400m in 7.30min

1600m (30min)

### **Cool down**

200m easy swim **not** FC

200m (5min)

TOTAL = 2200m

## **Program 5**

### **Warm up**

200m swim  
100m pull  
100m kick

400m (10min)

### **Main Set**

2 x 800m in 15min

1600m (30min)

### **Cool down**

200m easy swim **not** FC

200m (5min)

TOTAL = 2200m

## **Program 6**

### **WARM UP**

100 swim  
100 drill  
100 swim  
100 drill

400M

### **MAIN SET**

100 DRILL 30 sec rest between each 100  
100 SWIM

X 5 DRILLS = single arm, fist, salute, catch up, head up

1000M

2 X 200 HARD SWIM 1min rest between each

400M

1800M +COOLDOWN

### **Program 7**

#### WARM UP

4 X 50 done as 25 swim 25 kick

4 X 50 done as 25 drill 25 swim

#### MAIN SESSION

2 x 300 swim, 1<sup>st</sup> 200 easy, 2<sup>nd</sup> 100 fast

3 x 100 swim 1<sup>st</sup> 50 easy 2<sup>nd</sup> fast (20 sec rest)

#### COOLDOWN

100 EASY

### **Program 8**

#### WARM UP

4 X 50 done as 25 swim 25 kick

4 X 50 done as 25 drill 25 swim

#### MAIN SESSION

50

100

200

300

200

100

50

(30sec rest between)

#### COOLDOWN

100 EASY

## **Program 9**

### WARM UP

4 X 50 done as 25 swim 25 kick

4 X 50 done as 25 drill 25 swim

### MAIN SESSION

2 X 300

2 X 200

(30sec rest between)

### COOLDOWN

100 EASY

## **Program 10**

### **Warm up** (400m)

100 SWIM

50 DRILL

50 KICK

50 DRILL

50 KICK

100 PULL

### MAIN SET

#### **10 X 50 SPRINT (500m)**

(first sprint as a race, add 2 seconds to that time after every sprint. e.g. 35 secs first sprint, 37 for 2<sup>nd</sup>, 39 for 3<sup>rd</sup>, 41 for 4<sup>th</sup> etc.)

10 x 75 steady (750m)

15 sec rest

4 x 100m race pace 30sec rest (400m)

### COOL DOWN

## **Program 11**

### **Warm up** (400m)

100 SWIM

50 DRILL

50 PULL

50 DRILL

**50 PULL**

100 SWIM

## **MAIN SET**

### **10 X 50 TECHNIQUE (PULL)(500m)**

(BREATH EVERY 3 STROKES, ANALYSE YOUR STROKE ALL PHASES 30 SECS REST)

10 x 75 steady (750m)

15 sec rest (PRACTICE FOR TUMBLE TURNS AND PUSH OFFS)

4 x 100m race pace 30sec rest (400m)

## **Program 12**

Warm up 200m swim (easy)

Main Set 50m Swim

50m Dull

50m Kick

50m Drill REPEAT WHOLE SET X 3 10secs rest between each 50m

Warm Down 200M easy swim not front crawl

## **Program 13**

Warm up 100m swim

100m kick

100m pull

Main Set 10 x 100m pull 15 secs rest

Warm Down 100m swim down (not front crawl)

## **Program 14**

Warm up 200m Swim

Stretch Don't Forget

Main Set 6 x 50m kick 10 secs rest

6 x 50m pull 10 secs rest

16 x singles sprint 15 sec rest

Warm Down 200m swim easy.