

Week 1 – Session 1



Warm-up:

200 as 2 x (66 Free / 33 Stroke)

2 x 200 Free as build each 200 on 4'15

Main sets: up to 30" rest between sets

3 x 133 Free on 2'45 as:

#1: 66 hard / 66 easy

#2: 33 easy / 66 hard / 33 easy

#3: 66 easy / 66 hard

4 x 100 as (33 Back / 33 Breast / 33 Free) on 2'45

6 x 66 Free steady on 1'30

4 x 100 Free as 33 fast / 66 easy on 2'15

3 x 133 Free as 100 steady / 33 solid on 2'45

2 x 200 Free Pull / Paddles on 4'00

Total: 3000 m.

Week 1 – Session 2



Warm-up:

200 Free

200 as 2 x (33 Back / 33 Breast / 33 Free)

200 Free as 100 drill / 100 swim D.P.S.

6 x 33 Free descend 1 – 3 & 4 – 6 on 50"

Swim set:

6 x 200 Free as:

2 on 4'10 / 2 on 4'05 / 2 on 4'00

Pull / Paddles Freestyle set:

400 easy – R:20"

6 x 100 steady on 2'00

Total: 3000 m.

Week 1 – Session 3



Warm-up:

200 Freestyle

200 as 3 x (33 Back / 33 Breast)

2 x 100 Free as (33 kick / 33 drill / 33 swim) – R:10"

Main set:

400 Free Hypoxic on 8'30

12 x 33 as 6 x (33 Kick / 33 swim choice) on 1'00

300 Free steady on 6'15

9 x 33 as 3 x (33 Back / 33 Breast / 33 Free) on 1'00

200 Free solid on 4'15

6 x 33 as 2 x (33 Stroke / 33 Free easy) on 50"

100 Free hard on 2'15

3 x 33 Free as 1 easy / 1 steady / 1 fast on 50"

Pull / Paddles Freestyle set:

400 m. Locomotive ("Loco") as:

(33 easy/33 solid / 66 easy/66 solid / 100 easy/100 solid)

Total: 3000 m.

Week 2 – Session 1



Warm-up:

400 as 2 x (100 Free / 66 Back / 33 Breast)

400 Free as 2 x (33 kick / 66 drill / 100 swim D.P.S.)

Swim set:

2 x 200 Free easy on 4'15

4 x 100 Free steady on 2'05

6 x 66 Free solid on 1'25

6 x 33 Free as alternate easy / hard on 1'00

Pull / Paddles Freestyle set:

2 x 200 steady on 4'15

2 x 133 solid on 2'45

2 x 66 hard on 1'30

Total: 3000 m.

Week 2 – Session 2



Warm-up:

400 as 6 x (33 Free / 33 Back)

200 as 3 x (33 kick choice / 33 Free D.P.S.)

Swim sets: up to 30" rest between sets

2 x 300 Free as build each 300 on 6'15

3 x 200 Free steady on 4'10

6 x 100 Free as alt. 100 easy on 2'10 & 100 solid on 2'20

Pull / Paddles Freestyle set:

6 x 100 as alternate 100 easy on 2'10 / 100 solid on 2'

Total: 3000 m.

Week 2 – Session 3



Warm-up:

200 Freestyle

200 as 2 x (66 Back / 33 Breast)

200 Freestyle as 2 x (66 drill / 33 swim D.P.S.)

Swim set #1:

4 x 133 Free descend 1 – 4 on 2'45

4 x 66 Free easy hypoxic on 1'25

4 x 33 Kick choice on 1'10

Swim set #2:

4 x 100 Free descend 1 – 4 on 2'05

4 x 66 Free solid on 1'30

4 x 33 Free hard on 1'00

Pull / Paddles Freestyle set:

2 x 200 as 1 easy / 1 steady on 4'00

2 x 133 as 66 steady / 66 solid on 2'45

Total: 3000 m.