

Sample sessions

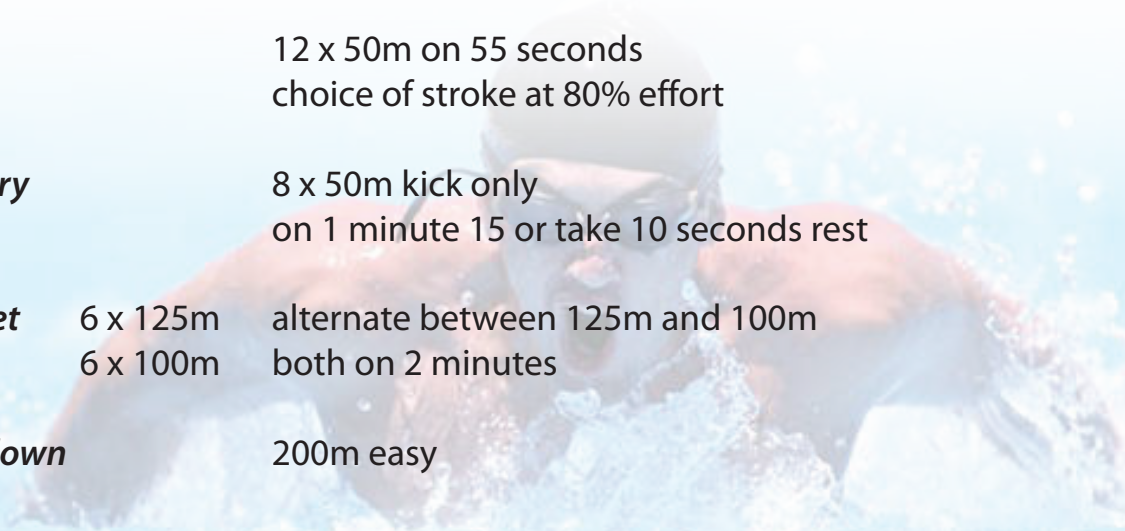
Want to know the sort of typical training session we do? or just need some inspiration if you can't make it to training and plan to swim alone? Here are a few sample sessions to give you an idea:

Session one (distance)

Warm up	4 x 150m	150m freestyle 150m pull only 150m kick only 150m freestyle
Main set	4 x 300m	6 x 50m on 50 seconds 3 x 100m on 1 minute 40 2 x 150m on 2 minutes 30 6 x 50m on 50 seconds
Kick set		10 x 50m on 1 minute 30
Swim down		200m easy

Session two (middle distance)

Warm up		300m freestyle 200m backstroke 100m breaststroke
Pre set		12 x 50m on 55 seconds choice of stroke at 80% effort
Recovery		8 x 50m kick only on 1 minute 15 or take 10 seconds rest
Main set	6 x 125m 6 x 100m	alternate between 125m and 100m both on 2 minutes
Swim down		200m easy



Session three (sprint)

Warm up	3 x	100m freestyle 75m backstroke 50m breaststroke 25m butterfly
Sprint set I	10 x	50m steady freestyle 25m choice of stroke at 100% sprint effort both on 1 minute
Recovery		200m easy
Sprint set II		8 x 50m on 1 minute 20 (first choice stroke) 12 x 25m on 50 seconds (second choice stroke)
Recovery		200m easy
Aerobic set	5 x 150m	125m freestyle, 25m not front crawl on 2 minutes 45
Swim down		200m easy

Session four (taper)

Warm up	1 x 600m	alternate 50m easy and 25m faster
Pre set	1x 600m	steady freestyle pull only
Main set	3 x 400m	90% effort on the first 80% on the second 95% on the third all on 6 minutes 30
Recovery		200m easy (not front crawl)
Medley set	4 x 100m	4 x 25m medley
Swim down		200m easy

