

Understanding the workouts



The sessions can be adapted to any pool size from 25 to 50 meters or yards, wherever you are in the world.

Sets that include 25's, 75's or 125's would require modification for a 50 meter or yards pool. In a 50 m/yd pool, these distances take the swimmer to the middle of the pool. In this case, you can either push off the bottom of the pool to start the next repeat or do a "dead start" from the middle of the pool. If you prefer, you can also do 50s instead of 25s and adapt the intervals accordingly.

Warm-up

The warm-up is important. Even if you have less time to train, avoid shrinking them. A good warm-up is also endurance work which will prepare your body for the increased intensities in the main swim set.

Often, warm-ups include drills. You are free to choose the drill(s) you want, if you have a specific area of your stroke that you wish to focus on or improve.

Main set

The main set is the goal of your workout and can be focused on different areas.

In the yearly training plan, the three weekly sessions are usually as follows:

Session 1 is usually a C.S.S focus (solid pace) with varied intensities

Session 2 is more endurance orientated with longer distances and sets

Session 3 offers more diversity including kicks and mixed strokes

If you are unable to do one of the strokes, feel free to do Freestyle or another stroke instead. Please refer to the following terminology for more details about strokes.

Pull / Paddles set

In this upper body workout section, you have the choice to use a pull buoy only, just paddles or both together.

Be careful with paddles as they can sometimes put too much stress on your shoulders. Even if you train with paddles at the end of your training, stay focused on maintaining the best technique possible.

If you are not used to swimming equipment, I would recommend starting by using a pull buoy only and then in the longer term, using hand paddles only. Eventually, using both pull buoy and paddles together will give you a stronger workout. Varying equipment reduces the likelihood of repetitive strain injuries and adds interest.

If you are unable to use swimming equipment, feel free to change the pull set in a swim set or add more lengths in your main set instead.

Warm down

Warm downs are usually not included in the workouts. However, they are important and will help you to recover faster before your next training. Depending on how much time you have left, try to swim at least 100m in a warm down.



Workout example explained

Pull means that you are using a pull buoy only (without paddles).

For each 100, do 50 Backstroke, 25 Breaststroke and 25 Freestyle

Take about 10 seconds rest between each 100

Choose any type of kick (Freestyle kick, Backstroke kick, etc.) and can change the type of kicks any time.

Up to 30 seconds rest between blocks

In this main set, there are 6 blocks:

(6 x 100), (3 x 200), (6 x 75), (3 x 150), (6 x 50) and (3 x 100)

Pull (Paddles) is mostly an upper body workout. You can either choose to use a pull buoy only or just paddles or even both pull buoy and paddles.

Descend 1 – 3 means that each consecutive 200 gets faster. Your swim time decreases throughout the set.

Option:

You have the choice to manage your pace depending on the day (fitness or motivation).

E.g. 3 x 200 as 1 easy, 1 steady, 1 solid (CSS pace) or start faster as 1 steady, 1 solid, 1 hard.

When you have an I.M. (Individual Medley) set, we usually follow the usual I.M. stroke order which is Butterfly, Backstroke, Breaststroke & Freestyle.

In this set, there is no Freestyle, so swim the set as follow:

1st & 4th 50 are Butterfly swim

2nd & 5th 50 are Backstroke swim

3rd & 6th 50 are Breaststroke swim

All 50's intervals are on a one minute send off

Warm-up:

- The 1st and 4th 100 as Freestyle swim
- The 2nd and 5th 100 as 50 Freestyle drill of your choice + 50 Freestyle swim focusing on long distance per stroke
- The 3rd and 6th 100 is using a stroke of your choice other than Freestyle.

E.g. 100 Backstroke or alternating 25 Backstroke & 25 Breaststroke...

Take about 10 seconds rest between each 100

Week x – Session x

Warm-up:

6 x 100 (R:10") as:

#1,4: Freestyle

#2,5: 50 Free drill / 50 Free D.P.S.

#3,6: Stroke(s)

4 x 100 Pull as 50 Back / 25 Breast / 25 Free (R:10")

6 x 50 kick choice on 1'10

Main set: up to 30" rest between blocks

6 x 100 on 1'45 as:

#1,4: 25 Fly / 75 Free

#2,5: 25 Back / 75 Free

#3,6: 25 Breast / 75 Free

3 x 200 Free Pull (Paddles) descend 1 – 3 on 3'00

6 x 75 on 1'20 as:

#1,4: 25 Fly / 50 Free

#2,5: 25 Back / 50 Free

#3,6: 25 Breast / 50 Free

3 x 150 Free swim descend 1 – 3 on 2'15

6 x 50 I.M. swim (No Freestyle) on 1'00

3 x 100 Free swim as 50 hard / 50 easy on 1'45

Total: 4000

On 3 minutes send-off interval

For each of the three 100's, swim the first 50 at hard pace (about five seconds faster than your critical swim speed) and the second 50 at easy pace.



Workout example explained

There are 4 rounds of 150
Each 150 is broken into three 50's

The odd sets (1st and 3rd set) are in Freestyle

- 50 Freestyle kick
- 50 Freestyle drill of your choice
- 50 Freestyle swim

The even sets (2nd and 4th set) are in Stroke which means you choose one or more strokes other than Freestyle.

For example, the 2nd set can be:

- 50 Backstroke kick
- 50 Backstroke drill of your choice
- 50 Backstroke swim

The 4th set could be in Breaststroke

Take 5 seconds rest between each 50

In this main set, the 12 x 75 are divided into 4 rounds of three 75's.

Once you have done the 1st round (three 75's), you start another round of the three 75's.

Each 75 has as a send-off interval (start) of 1 minute and 15 seconds. This means that if you swim a 75 in 1 minute, then you have 15 seconds rest before the next 75.

Do the first three 100's at easy pace, the next three 100's (4th, 5th & 6th) at steady pace, the following three 100's (7th, 8th & 9th) at solid pace and the last three 100's are hard pace.

Interval start is on 1 minute and 30 seconds.

Warm-up:

It's a continuous 500, broken into 5 sets of 75 Freestyle swim + 25 of the stroke of your choice apart from Freestyle

Week x – Session x

Warm-up:

500 as 5 x (75 Free / 25 Stroke)

4 x (50 kick / 50 drill / 50 swim) – R:5" / 50

Odd sets: Freestyle

Evens sets: Stroke

Main set:

12 x 75 swim on 1'15 as 4 rounds of:

4 x { 75 as 25 Stroke / 50 Free
75 Freestyle as 25 fast / 50 easy
75 Freestyle built

12 x 100 Freestyle swim on 1'30 as:

- #1 – 3: Easy
- #4 – 6: Steady
- #7 – 9: Solid
- #10 – 12: Hard

Pull / Paddles Freestyle set:

4 x 200 on 3'00 / 2'55 / 2'50 / 2'45

Total: 4000

Pull (Paddles) is mostly an upper body workout.

You can either choose to use a pull buoy only or just paddles or even both pull buoy and paddles.

In this set, the 3'00 / 2'55 / 2'50 / 2'45 means that your send-off interval decreases during the set.

The 1st 200 is on a 3 minute interval, the 2nd 200 is on a 2 minutes and 55 seconds interval, etc.

There are different ways to do this set:

- 1) You swim each subsequent 200 five seconds faster, then get the same amount of rest each time.
- 2) Or, you choose to set a fixed pace (e.g. 2'40) for all 200's and get progressively less rest.