

Week 1 – Session 1



Warm-up:

4 x 100 as 50 Free / 50 Stroke (R:10")

→ *Stroke: any stroke that is not Freestyle*

4 x 100 as 50 kick choice / 50 Free swim (R:10")

12 x 50 Free swim descend 1 – 3, 4 – 6, etc. on 55"

Swim set #1: Test set to check if you are at the right level

10 x 100 Free on 1'25 (pace between 1'15 and 1'20)

- *Goal is to swim at the **most consistent** pace possible throughout the whole set.*
- *If this set was too easy, i.e., you had over 10" rest between each repetition, move up to level 10.*
- *If this set was too hard, i.e., you had less than 5" rest between more than two 100's or you could not start some repetitions on time, then move down to level 8 or below.*

Swim set #2:

6 x 150 as 50 Back / 50 Breast / 50 Free (R:15")

Pull / Paddles Freestyle set:

8 x 100 steady on 1'25

Warm down: 100 swim easy choice

Total: 4200

Week 1 – Session 2



Warm-up:

3 x 300 (R:10") as:

1st: Freestyle

2nd: 3 x (50 Stroke / 50 Free)

3rd: 3 x (50 Free drill / 50 Free swim)

Main set:

5 x 200 Free swim on 3'00 as:

Odds (1st, 3rd & 5th): 200 steady

Evens (2nd & 4th): 2 x (25 fast / 75 easy)

5 x 150 swim as (50 Stroke / 100 Free easy) on 2'25

5 x 100 Free swim descend 1 – 5 on 1'30

5 x 50 Free swim as:

(1 easy / 1 hard / 1 easy / 1 hard / 1 easy) on 50"

Pull / Paddles Freestyle set:

4 x 200 descend 1 – 4 on 3'00

Total: 4200

Week 1 – Session 3



Warm-up:

400 Freestyle

8 x 50 as (25 Back / 25 Breast) – R:5"

4 x 100 Free as (25 kick / 50 drill / 25 swim) – R:10"

Main set:

400 Free swim D.P.S. on 6'00

8 x 50 Kick choice on 1'15

300 Free swim steady on 4'30

6 x 50 swim as 25 Back / 25 Breast on 1'00

200 Free swim solid on 3'00

4 x 50 swim as 25 Fly / 25 Back on 1'00

100 Free swim hard on 1'45

2 x 50 Free swim as 25 fast / 25 easy on 1'00

Pull / Paddles Freestyle set:

1000 m. Locomotive ("Loco") as:

*(50 easy / 50 solid / 100 easy / 100 solid / 200 easy /
200 solid / 100 easy / 100 solid / 50 easy / 50 solid)*

Total: 4200

Week 2 – Session 1



Warm-up:

500 Freestyle

400 as 4 x (25 Back / 25 Free / 25 Breast / 25 Free)

Preset:

12 x 50 Free descend 1 – 3, 4 – 6, 7 – 9, 10 – 12 on 50"

→ *hold D.P.S. (distance per stroke) throughout*

Main set: 3 rounds

3 x {
1 x 300 steady on 4'15
3 x 100 descend 1 – 3 on 1'25
6 x 50 solid on 55"

1st round: Freestyle swim

2nd round: Freestyle Pull only

3rd round: Freestyle Pull / Paddles

Total: 4200

Week 2 – Session 2



Warm-up:

200 Freestyle

400 as 4 x (50 Stroke / 50 Free)

200 as 4 x (25 kick choice / 25 Free D.P.S.)

Swim set: up to 30" rest between blocks

1 x 600 Free easy on 9'00

2 x 300 Free as build each 300 on 4'15

3 x 200 Free steady on 2'50

4 x 150 as alternate:

{ 150 Free on 2'15
150 I.M. as (50 Fly / 50 Back / 50 Breast) on 2'35

Pull / Paddles Freestyle set:

10 x 100 as alt. 100 easy on 1'30 / 100 solid on 1'20

Total: 4200

Week 2 – Session 3



Warm-up:

300 Freestyle

200 as 2 x (50 Back / 50 Breast)

200 Freestyle as 2 x (50 drill / 50 swim D.P.S.)

Set #1:

4 x 100 Free descend 1 – 4 on 1'30

4 x 50 Free solid on 50"

4 x 25 Free hard on 35"

Set #2:

6 x 150 as:

#1 – 3: 50 Fly / 50 Back / 50 Breast on 2'45

#4 – 6: Freestyle swim descend 1 – 3 on 2'15

6 x 100 Free easy hypoxic on 1'30

6 x 50 Kick choice on 1'15

Pull / Paddles Freestyle set:

2 x 200 as 1 easy / 1 steady on 2'50

4 x 100 as 50 steady / 50 solid on 1'25

4 x 50 hard on 50"

Total: 4200