

Swim Sets Week Commencing 13-10-2014

Monday Swim: Preparation Technique 4

Duration: 1hr

Distance: 2700 meters

Description:

Purpose of this set is to promote a good catch, do not rush these drills take your time and enjoy them!

Warm Up

800m Mixed stroke

Main set

200m - 6-1-6 focus on catching water on back of hand The F/C back

100m mixed stroke

200m scull front swim back

100m mixed stroke

200m scull mid swim back

100m mixed stroke

200m disco arms to doggy paddle swim back

100m Mixed stroke

200m Disco arms to Full stroke swim back

2 x 100m Pull Buoy and paddles

Cool down

200m mixed stroke

Wednesday Swim: 1 hr Technical Endurance 2

Duration (P): 1hr

Distance (P): 3200 meters

Workout Description:

Purpose of this session is to work on technique using your pool aids, but get some endurance work in, don't worry about speed, just think about form.

Warm Up

400m F/C

200m Back to Breast

4 x 50 kick

100m 6-1-6 + 6/3/6

100m Build

Main Set

4 x 200 F/C (fins) 20 sec rest

4 x 200 F/C (Pull buoy + Paddles) 20 sec rest

4 x 100 Kick to F/C

Cool down

200m Mixed stroke

MedwayTri Session Plans



Thursday Swim: Preparation Technique 5

Duration (P):1hr

Distance (P):2600 meters

Workout Description:

Purpose of this session is to work on body alignment, kick and catch. Designed to ensure good technique for the coming season.

Warm up

400mixed stroke
10 x sink downs
100m F/C Bubble, Bubble Breath

Main Set (20sec recovery between all)

8 x 50m Kick with fins (alternate front to back).
100m Front Crawl with fins.
8 x 50m single arm kicking on side fins.
4 x 25m kick (best effort)

100m Front Crawl (focus on kick/breath + stroke count)

4 x 50m scull front/swim
100m Pull (Focus on rotation, straight legs + alignment)
4 x 50m mid scull/swim
4 x 50m catch setup, doggy paddle half/full, F/C

100m Front Crawl (focus on kick/breath/catch + stroke count)

Cool down

200m mixed stroke

Friday Swim: Preparation Endurance 2

Duration (P):1hr

Distance (P):3200 meters

Workout Description:

Purpose of this session is to build your Aerobic swim endurance, whilst maintaining good form. Ensure you swim at a pace where you can always maintain good technique.

400m F/C Easy
200m back to breast.

4 x 100m F/C - 20 sec recovery
200m mixed stroke
4 x 100m F/C - 15 sec recovery
200m mixed stroke
4 x 100m F/C - 10 sec recovery
200m mixed stroke
4 x 100m F/C - 5 sec recovery

4 x 50m IM - 20 sec recovery

Cool down
200m mixed stroke cool down

MedwayTri Session Plans



Sunday Swim: Swim: Preparation Technique 6

Duration (P):1hr

Distance (P):2700 meters

Workout Description:

Purpose of this set is to promote a good catch, do not rush these drills take your time and enjoy them!

Warm Up

600m Mixed stroke

Main set

50m placing your hand in the catch position over the conveyor belt (use Fins)

50m doggy paddle to chest

50m full doggy paddle push all the way back

50m head up swimming, really catch the water.

200m - 6-1-6 focus on catching water on back of hand The F/C back

100m mixed stroke

200m scull front swim back

100m mixed stroke

200m scull mid swim back

100m mixed stroke

200m disco arms to full doggy paddle and swim back

100m Mixed stroke

200m Full doggy paddle to full stroke and swim back

100m mixed stroke

2 x 100m Pull Buoy and paddles

Cool down

200m mixed stroke