

Swim Sets Week Commencing 27-10-2014

Monday Swim : Preparation Endurance 5

Duration (P):1:00:00

Distance (P):3300 meters

Workout Description:

Purpose of this session is to build strength and endurance technique for the coming session.

Warm Up:

1km warm up mixed strokes

Main set:

5 x 400m reps with 20 seconds recovery 75% effort!

Cool down:

300m mixed stroke

Wednesday Swim : Preparation Endurance 6

Duration (P):1:00:00

Distance (P):3500 meters

Workout Description:

Purpose of this session is to build endurance whilst maintaining a good technique, focus on the technique more that completing the sets.

Warm up:

400m F/C with every 4th length kick

400m F/C with every 4th length drill

Subset:

4 x 100m build

Main set:

500m breathing every 5 comfortable pace

400m build through each 100m with fins

300m Pull with pullbouy & paddles

200m swim steady pace

300m swim with paddles with every 4th length increased effort

400m build through every 100m but backwards starting with fast & gradually decreasing speed

Cool down:

200m mixed stroke

MedwayTri Session Plans



Thursday Swim : Preparation Technique 10

Duration (P):1:00:00

Distance (P):3000 meters

Workout Description:

Purpose is to develop a good technique for the coming season. Work on technique!! Speed will come!

Warm Up:

400m (Change stroke every 4 lengths)

100m Build each 25

Main Set:

6x200m (As 25m Drill, 25m Front Crawl)

6x200m as (25m Drill, 75m Front Crawl) Every other 200m to be done as a straight swim, focussing on breathing every 5th stroke

Drills to be used:

-Disco Arms

-6-3-6

-3 sculls at the back

-Paddles towards the end of the set

Cool Down:

300m Mixed stroke

Friday Swim : Endurance Bleep test

Duration (P):1:00:00

Distance (P):3200 meters

Workout Description:

Session objective: Short blocks of steadily increasing hard work that also eventually get harder as the rest decreases. A classic. Go as far as you can until you run out of rest. The secret is to start steady and increase pace very slowly!

Warmup:

200 FC, 200 back to breast

Subset:

2 x 100 Build - maintain good technique throughout, maintain a consistent stroke count from 1-4. Remember the underwater phase of the arms is from slow to fast.

Main Set: BLEEP!

10-16 ROUNDS OF 6x25m FC repeated with less and less rest starting from 35secs

Faster swimmers can use the early swims to work technique or even perform drills

AIM IS TO GET AS LITTLE REST AS POSSIBLE AHEAD OF HARDER SWIMS LATER

10 rounds of 6x25s will give intermediate swimmers a reasonable challenge to 1500m

13 rounds is more of a Half IM challenge to 1950M FINISHING WITH SWIMS AT 23SECS

16 rounds -2400m – 20SECS IS THE FINAL ROUND (see bleep timing table below)

Cool Down:

200m mixed stroke

MedwayTri Session Plans



BLEEP TEST SENDOFFS							
DISTANCE	INTERVAL	SWIM	SWIM	SWIM	SWIM	SWIM	SWIM
		1	2	3	4	5	6
6x25m	35	00:00:35	0:01:10	0:01:45	0:02:20	0:02:55	0:03:30
6x25m	34	0:04:04	0:04:38	0:05:12	0:05:46	0:06:20	0:06:54
6x25m	33	0:07:27	0:08:00	0:08:33	0:09:06	0:09:39	0:10:12
6x25m	32	0:10:44	0:11:16	0:11:48	0:12:20	0:12:52	0:13:24
6x25m	31	0:13:55	0:14:26	0:14:57	0:15:28	0:15:59	0:16:30
6x25m	30	0:17:00	0:17:30	0:18:00	0:18:30	0:19:00	0:19:30
6x25m	29	0:19:59	0:20:28	0:20:57	0:21:26	0:21:55	0:22:24
6x25m	28	0:22:52	0:23:00	0:23:48	0:24:16	0:24:44	0:25:12
6x25m	27	0:25:39	0:26:06	0:26:33	0:27:00	0:27:27	0:27:54
6x25m	26	0:28:20	0:28:46	0:29:12	0:29:38	0:30:04	0:30:30
1500 total	x						
6x25m	25	0:30:55	0:31:20	0:31:45	0:32:10	0:32:35	0:33:00
6x25m	24	0:33:24	0:33:48	0:34:12	0:34:36	0:35:00	0:35:24
6x25m	23	0:35:47	0:36:10	0:36:33	0:36:56	0:37:19	0:37:42
1950 total	x						
6x25m	22	0:38:04	0:38:26	0:38:48	0:39:10	0:39:32	0:39:54
6x25m	21	0:40:15	0:40:36	0:40:57	0:41:18	0:41:39	0:42:00
6x25m	20	0:42:20	0:42:40	0:43:00	0:43:20	0:43:40	0:44:00
2400 total	x						

Sunday Swim : Swim Golf

Duration (P):1:00:00

Distance (P):2400 meters

Workout Description:

Session objective: Swim Golf is a great way of learning an optimum stroke rate. If you sprint the 25ms and use an increased stroke rate, your Golf score will remain high. If you try to improve your Golf score by taking too few strokes your Time will go up and so will your score.

Warm-up:

400 free your choice of swim/drills, rest 60secs
200 as 75 back, 75 Breaststroke, 50 TRIFLY™ (FC arms with Butterfly legs)
4 x 100m build

Main Set: Work through as much as possible until 10mins of the session remains:
Swim golf: Record averages and check for improvements after the drills set in between 'rounds.'

4x25, add time to stroke count for each length. Take an average for the 4: Interval 30secs

200 free pull with paddles, BP3, at 60%, rest 60
200 free swim catchup, BP3, at 70%, rest 60
200 free pull with paddles/ finger trail, BP3, at 60%, rest 60
200 free swim with fins BP3, at 70%, rest 60

Swim golf: aim to swim under par after the previous set of drills. 4x1L again, record time and add it to stroke count. ADD AVERAGE SCORE TO THE STATS PAGE

Warm down:

200 Catch up with fins

Cool down:

200 swim as 75 easy BP5, 25 CHOICE kick