

Swim Sessions W/C 17-11-2014

Monday : Base 1-3 Endurance 1-2

Duration (P):1:00:00

Distance (P):3400 meters

Workout Description:

Purpose of this session is to increase the ability to persist, to resist fatigue. Speed is not the key in this session, try to make sure you maintain good technique!

Warm Up (30 secs recovery)

2 x 500m

1. Focus on exhalation and fluid stroke, hold consistent pace.
2. First and last 200m pull buoy and bands, middle 100m bands only

Main Set

Following with 20 secs recovery ALL at the same pace!!

4 x 50m F/C

4 x 100m F/C

4 x 200m F/C

2 x 500m F/C

Cool down

200m Mixed stroke

MedwayTri Session Plans



Wednesday : Base 1-3 Technique 5-1

Duration (P):1:00:00

Distance (P):2800 meters

Workout Description:

Purpose of this session is to improve your swim technique. Make sure you get value from these drills, understand what they for and focus on that part of your stroke when performing the full stroke.

Warm Up

5 x 200m with 20 sec recovery as

1. Easy F/C - BP Bilateral
2. Pull buoy BP5
3. Unco left/F-C/Unco right/F-C
4. Pull buoy - BP 25m left / 25m right
5. Easy F/C - BP Bilateral

Main set

3 x 500m as

25m Drill/25m Swim
50m Drill/50m Swim
75m Drill/75m Swim
100m Drill/100m Swim

Drill 1 - Shoulder Tap (fins)
Drill 2 - Doggy Paddle (pull buoy)
Drill 3 - Broken Arrow (fins)

Cool down

200m F/C

MedwayTri Session Plans



Thursday : Base 1-3 Endurance 2-2

Duration (P):1:00:00

Distance (P):3400 meters

Workout Description:

Purpose of this session is to increase the ability to persist, to resist fatigue. Speed is not the key in this session, try to make sure you maintain good technique!

Warm Up

400m F/C Easy

200m mixed

Sub set

4 x 50m Rolling IM - 15 sec recovery

Main set

5 x 500m with 60 secs recovery

1. Steady F/C
2. Very stead F/C with fins (long smooth stroke)
3. Steady F/C 10 seconds faster than No1
4. Pull buoy BP 3/2/3/2 (two to each side)
5. Steady F/C 20 seconds faster than No1

Cool down

100m mixed stroke

MedwayTri Session Plans



Friday : Base 1-3 Endurance 3-2

Duration (P):1:00:00

Distance (P):3400 meters

Workout Description:

Purpose of this session is to increase the ability to persist, to resist fatigue. Speed is not the key in this session, try to make sure you maintain good technique!

Warm Up

200m Fins F/C - Long smooth stroke breathing easy - 20 sec recovery

2 x 100m Fins F/C -6-1-6 to F/C - 15 secs recovery

2 x 50m Easy F/C - Nice and smooth

Sub set

4 x 75m 10 strokes fast nice and punchy! 10 strokes easy stretch out and breath easy! - 20 sec recovery

Main Set (All 30 secs recovery)

1. 100m Easy swim
2. 200m at same pace as 1
3. 300m at same pace as 1
4. 400m at same pace as 1
- 5 400m 3 sec per 100m faster than 1
6. 300m 3 sec per 100m faster than 1
7. 200m 3 sec per 100m faster than 1
8. 100m 3 sec per 100m faster than 1

Cool down

200m Mixed stroke

MedwayTri Session Plans



Sunday : Base 1-3 Technique 6-1

Duration (P):1:00:00

Distance (P):2700 meters

Workout Description:

Purpose of this session is to improve your swim technique. Make sure you get value from these drills, understand what they for and focus on that part of your stroke when performing the full stroke.

Warm-up:

8 x 50m FC - easy swim/choice drill - 10 secs recovery

Main Set:

3 x 300m – swum as follows

100m 10kick catch-up. 10 kicks between each single arm cycle

100m Pull at 70%

100m FC swim at 80%, BP 3,2,3,2 rest 25 secs

Maintain good technique throughout, take more rest if you feel that tech is falling apart.
Count strokes and maintain identical count throughout.

400m FC pull with paddles, BP5, at 75%, rest 25 sec

300m FC swim near catch-up, BP3, at 65%, rest 25 sec

200m FC pull with paddles/ finger trail, BP5, at 60%, rest 30 sec

100m FC swim with paddles & FINS, BP7, at 75%, rest 25 sec

200m easy FC, swum as alt 75m catch up with fins into 25m finger trail and repeat

Cool Down:

200 Cool down alt back/breast