

Peter Lord – Sample Swim Set - 1

Warm Up (prior to start of set):

200m freestyle
200m mixed form stroke/drills
Rest/explanation of set 400m (12-15 mins)

Sprint Set:

8 x 50m freestyle (on 1:30)
1 minute rest 400m (13mins)

Main Set:

6 x 100m:
100m freestyle (on 2:15)
75 free/25 back (on 2:30)
50 free/50 breast (")
25 free/75 choice (")
50 free/50 back (")
75 free/25 breast (")

1 minute rest

4 x 100m freestyle (on 2:15)

1 minute rest

2 x 200m freestyle (on 4:15/4:30)

1 minute rest

1400m (36 mins)

Cool Down:

1 x 200m moderate freestyle
1 x 100m easy breast/back
1 x 100m easy freestyle 400m (11 mins)

Total Distance (inc Warm Up): **2.6km** (75 mins)

