



**Training Programme 91** – mixed activities – mainly aerobic

**Warm Up:**

400m (as 150m Free, 50m Form – twice through) continuous

**Main Set/s:**

6 x 50m Free Kick with fins (25m sprint, 25m easy) on 1.15

6 x 50m Form Kick with fins optional (25m sprint, 25m easy) on 1.15

100 Free Pull

4 x 100 Free =100m Pull, 100m Paddles only, 100m Pull & Paddles, 100m Free-15 sec. rest

100 Easy form

150 Free with fins – (25m sprint, 25m medium pace, 25m sprint – twice through) (with 10 sec. rest)

150 Form with fins - (25m sprint, 25m medium, 25m sprint- twice through with 10 sec. rest)

x2

2x4 x25m Free sprint on 1 minute

4 x 25m x2 Form sprint on 1 minute

**Cool down:**

200m Easy choice of stroke



**Programme 92** – mixed activities – IM focus

**Warm Up:**

200m	Free
200m	Breast
200m	Free
200m	Back

**Main Set/s:**

400m	IM (30 sec. rest)
100m	Free kick
200m	IM (20 sec. rest)
100m	Free Kick
2 x 100	IM (15 sec. rest)
100m	Free Kick
200m	Easy Choice
4 x 25m	Each stroke on 45 sec. – 1 minute (fast/sprint)

**Cool down:**

200m	Easy choice of swimming
100m	Easy free with good technique



## Programme 93

### Warm Up:

400m Freestyle

### Main Set/s:

4 x 50m Fly kick with fins on 1/1.10

4 x 50m Back with fins on 1 min/1.10

4 x 50m Free Kick with fins on 1 min/1.10

4 x 50m Breast kick no fins on 1.15/1.30

200m Easy Free

4 x 150m (100m Free, 50m IM order) –with 15  
sec. rest

6 x 100m IM (no fins) on 3 minutes

### Cool down:

200m Easy choice



**Programme 94** – aerobic – distance

**Warm Up:**

20 x 50m Free on 1 minute – 1.15

**Main Set/s**

400m Backstroke with 30 sec. rest

400m Breaststroke with 30 sec. rest

400m IM with 30 sec. rest

400m Fly or 400m Free with 30 sec. rest

**Cool down:**

100m Choice kick (fins optional)

100m Choice stroke pull

}  
} x 2



**Programme 95** – mixed activities – mainly aerobic

**Warm Up:**

400m Freestyle

**Main Set/s:**

20 x 25m Kick (Alternating 25m Fly kick , 25m Breast or Back kick) with 15 sec. rest

4 – 6 x 150m

- 25m Fly with fins
- 50m Free with fins
- 25m Fly with fins
- 50m Free with fins - 15 sec rest after each 150m

200m Breast Pull with paddles only

6 x 100m (50m Breast sprint, 50m easy free) with 30 sec. rest after each 100m

**Cool down:**

200m Easy free or choice of swimming



**Programme 96** – mixed activities – mainly free

**Warm Up:**

200m	Free
100m	Form
200m	Free
100m	Form kick

**Main Set/s:**

6 x 50m	Free Drills
100m	Easy Free
6x 50m	Form Drills
100m	Easy Form
5x 200m	Free descending rest intervals – 40 sec. rest, 30 sec. rest, 20 sec. rest, 10 sec. rest

**Cool down:**

200m	Easy free
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**Programme 97** – mixed activities – main focus sprint sets

**Warm Up:**

200m Free

100m Pull

100m Kick (fins optional)

200m Back/Breast

**Main Set/s**

8 x 25m Free Sprint on 1.30

200m Easy choice

8 x 25m Form sprint on 1.30/1.45

200m Easy choice

4 x 50m Free (25m sprint, 25m easy) on 1.30

200m Easy choice

**Cool down:**

200m IM fins optional

6 x 50m Free gradually getting slower each 50m



**Programme 98** – mixed activities – mainly aerobic

**Pyramid in 50m Pool**

400m	Free 1 min. rest
300m	Free 1 min. rest
200m	Free 1 min. rest
100m	Free 1 min. rest

**On the way back up the pyramid (last 50m Breast or Backstroke)**

100m	Swim (50m Free, 50m Breast or Back) 1 min rest
200m	Swim (150m Free, 50m Back or Breast) 1 min rest
300m	Swim (250m Free, 50m Back or Breast) 1 min rest
400m	Swim (350m Free, 50m Back or Breast) 1 min rest





## Pyramid in 25m Pool

200m	Free – 40 sec. rest
175m	Free – 35 sec. rest
150m	Free – 30 sec. rest
125m	Free – 25 sec. rest
100m	Free – 20 sec. rest
75m	Free – 15 sec. rest
50m	Free – 10 sec. rest
25m	Free – 5 sec. rest

## **Then go back up again (last 25m of each tier is Back or Breast)**

25m	Breast/Back – 5 sec. rest
50m	(25m Free, 25m Back or Breast) – 10 sec. rest
75m	(50m Free, 25m Back or Breast ) – 15 sec. rest etc.



**Programme 99** – mixed activities - 2km+ programme - aerobic

**Warm Up:**

400m                  Free

**Main set:**

200m                  Back

200m                  Breast

8 x 25m              Fly (fins optional) on 1 min

8 - 12 x 25m      IM order kick without board on 1  
min.

6 x 100m            Freestyle on 2 min/21.5

**Cool down:**

200m                  Easy choice of swimming



**Programme 100** – mixed activities – approx. 2km – aerobic

**Warm Up:**

150m Free, 50m Breast

150m Free, 50m Back

150m Free, 50m Fly

**Main:**

4 x 25m Fly on 1 min (75 – 80% effort)

200m Free Kick

4 x 50m Back on 1 min/1.15/1.30 (75-80% effort)

200m Free Pull

4 x 50m Breast on 1.30 (75 – 80% effort)

200m Choice

4 x 50m Free on 1.10 (75% +effort)

**Cool down:** (easy swim down – fins optional)

25m Fly, 25m Free

25m Breast, 25m Free

25m Back, 25m Free

50m Free