

## Programs 51 - 60

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Advanced – over 3km

### Warm Up

- 600m - alternating 100m, 100m IM
- 8 x 50m Free on 45 sec.

OR

- 6 x 60m on 1 minute

### Main Set

- 8 x 300m on 6 minutes (Heart rate)

### Cool down:

- 4 x 50m choice on 45 sec.

52      Advanced – mainly freestyle – approx. 5km

**Warm Up:**

- 12 x 50m (alternating free and backstroke) on 1 min.

**Main Set/s:**

- 5 x 200m Pull on 3.30
- 5 x 200m IM fins on 3.20
- 5 x 200m Free with paddles on 3.30
- 5 x 200m Reverse IM fins on 3.20

**Cool down**

- 400m Swim
- 300m Pull
- 200m Kick
- 100m Choice

**Warm Up:**

- 8 x 100m on 2 min - 2 sets of the following:  
1 – 3 (75m Free, 25m IM order)  
4. 100m IM

**Main**

- 24 x 50m – 8 strokes fast on 50 sec.
- 6 x 400m on 6 min with fins  
(alternating 400m Free swim, 400m Free kick fast)

**Cool down:**

- 200m easy swim down

**Warm Up:**

- easy run (1 – 2km) + with stretches
- Warm Up in Pool: 8 x 100m IM on 2 min

**Main Set:**

- 8 x 50m Explode off the wall 8 strokes (fast no breathing) and then easy swim on 1min/1.15
- 100m easy choice
- 20 x 100m on 2 min with fins (alternate one easy, one hard) - heart rate set

**Cool down:**

- 8 x 100m fins ( alternate 100m swim, 100m Kick) on 2 – 2.15

55

Mainly freestyle – approx. 5km

### Warm Up:

- 20 x 50m Free on 55 sec.
- 8 x 50m Breast or Back on 1/1.15

### Main Set/s:

- 20 x 50m Free on 1 min (odds: explode push off the wall – 8 strokes fast, evens: easy start – then explode finish i.e. last 8 – 10 strokes fast) – “Ins and outs”
- 400m free – good turns – change breathing – 50m breathing every 2 strokes, then next 50m breathing every 3 strokes, next 50m breathing every 4 strokes, next 50m breathing every 5 strokes (twice through)

### Cool down

- 12 x 50m from middle of pool mixed strokes practicing turns on 1.15

**Warm Up:**

- 2x (100m Free, 50m Breast)
- 2 x (100m Free, 50m Back)
- 12 x 50m (alternate 50m kick, 50m swim)  
choice of strokes on 1 min/1.10

**Main set/s:**

- 8 - 10 x 200m Free with fins and paddles on  
3 min.

**Cool down:**

- 400m easy choice

57 Mixed activities – quality training – approx. 5km

**Warm Up:**

- 16 x 50m Free on 60 sec with good technique

**Main Set/s:**

- 32 x 25m on 35 sec ( 4 x 25m Fly, 4 x 25m Back, 4 x 25m Breast, 4 x 25m Free) twice through
- 200 easy choice
- 12 x 50m on 3 minutes (quality) –timed sprints from dive start

**Cool down**

- 400m easy swim down

**Warm Up:**

- 24 x 50m Free on 65 sec.
- 8 x 100m with fins IM on 2 min.

**Main:**

- **16 x 25m** explode fast off the wall or from a dive (first 6 – 8 strokes fast) – form stroke on 45 sec.
- 200m easy choice

**Cool down:**

- Dives and finish practice



**Warm Up**

- 12 x 50m (alternating 50m Free, 50m Back) on 60 sec.
- 16 x 25m IM order on 40 sec.

**Main Set/s**

- 40 x 50m Free with fins on 1.10

**Cool down:**

- 300m easy choice

60

Mixed activities – approx. 5km

**Warm Up:**

- 400m Swim
- 300m Drill/Swim
- 200m Kick/Swim
- 100m Choice

**Main Set/s:**

- 50m easy/50m fast
- 100m easy/100m fast
- 200m easy/200m fast
- 300m easy/300m fast
- 400m easy/400m fast

**Cool down:**

- 12 x 50m Underwater with fins on 60 sec.