



Programme 81 - mixed activities – mainly aerobic

Warm Up:

- 4 x 150m (100 Free + 25m Fly, 25m back)
- (100m Free + 25m Back, 25m Breast)
- (100m free + 25m Breast, 25m free)
- (100m Free + 25m free, 25m Fly)

Main:

- 100m Breast drill – 3 kicks per stroke
- 100m Breast drill – hold glide for 3 seconds
- 4 x 50m Breast on 1.15 descending
- 2 x 150m Fins kick – 50m back kick, 50m fly kick & 50m Free kick on side
- 200m 1 arm fly drill on side with fins



4 x 50m Butterfly with fins on 1.15 (first 4 – 6 strokes fast without breathing, then easy fly to the end with good technique)

4 x 50m Backstroke with or without fins on 1.10

200m Free Pull and paddles – good technique

8 x 25m Dive walk backs – 2 for each stroke (IM order)

Cool down:

200m Easy choice (nice and slow)



Programme 82 – mixed activities – aerobic

Warm Up:

200m	Free
200m	Free Pull
200m	Kick (board and fins)
200m	Paddles and Fins freestyle

Main:

8 - 10 x 50m Free – 8 strokes fast, then rest easy free on 1 min/1.15
12 - 16 x 25m IM order (fins optional) on 40 – 45 sec.

Cool down:

4 x 100m alternate 100m Free and 100IM (fins optional) – 20 sec. rest



Programme 83 – mixed activities – aerobic

Warm Up/Main:

200m Free

6 x 50m Pull and paddles on 1.15

200m Backstroke (with or without fins)

6 x 50m Pull (no paddles) on 1.15

200m Breaststroke

6 x 50m Free kick with or without fins on 1.15

8 x 25m or 4 x 50m Butterfly with or without fins rest after each 25m
or 50m

6 x 50m Free with paddles and fins on 1.15



Cool down: (15 sec. rest after each 100m)

100m Easy choice

100m IM with fins

100m Easy choice

100IM With fins



Programme 84 – mixed activities

Warm up:

2 x 200m Free with 30 sec. rest

Main:

10 x 50m Free on 1 min/1.15 with pull (paddles optional)

200m choice kick

4 x 25m max effort form stroke on 1min.

200m easy choice

4 x 25m max effort form stroke on 1 min.

200m easy choice

4 x 50m not free descending on 1.15 (getting faster each 50m)



Cool down:

4 x 100m easy (fins optional) – see details below

100m Free

100m Back

100m Breast

100m IM



Programme 85 – mixed activities

Warm Up:

200m	Free
200m	Back
200m	Breast

Main Set/s:

4 x 50m	Free Sprint on 1.30/1.45
200m	Easy Free kick (fins optional)
4 x 100m	Free Pull with 20 sec. rest
4 x 50m	Not free sprint on 1.30/1.45
200m	Easy choice



Cool down:

10 x 25m Dive walk backs

Or 100IM, 100m Free x 2 (fins optional)



Programme 86 – mixed activities

Warm Up:

200m Free (fins optional)

2- 4 x (50m 6 kick catch up free with fins, 50m 4 kick catch up free with fins)

Main:

4 x 100m Free with 20 – 30 sec rest

200m choice kick

400m form stroke (not free) – can mix strokes

Cool down: same as warm up



Programme 87 – mixed activities

Warm Up: (10 sec. rest per 50m swum)

200m Free

50m Free

150m Free

100m Free

Main:

200m Free -fins – sprint between flags/blackline & wall for ea. 50m

2 x 200m – 2 x (100m back kick (fins optional), 100m Breast kick)

12 x 25m- 4 x (25m Back, 25m Breast, 25m Free) with 15 sec rest

Cool down:

200m Breast

200m Back (fins optional)

200m Free (fins optional)



Programme 88 – mixed activities

Warm Up:

- | | |
|------|---------------------------|
| 200m | Free |
| 200m | Free Pull |
| 200m | Free Kick (fins optional) |

Main:

- | | |
|------------|--|
| 4 x 100m | (75m Free, 25m Fly) with 10 sec. rest |
| 4 x 100m | (75m Free, 25m Back) with 10 sec. rest |
| 4 x 100m | (75m Free, 25m Breast) with 10 sec. rest |
| 4 x 100 IM | (no fins) – with 20 sec. rest |

Cool down:

- | | |
|------|-----------------------|
| 300m | Easy choice with fins |
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Programme 89 – mixed activities

Warm Up:

8 – 10 x 100m Free on 2 minutes/2.15

Main Set/s:

6 x 50m	Form Kick (fins optional) on 15 sec. rest
6 x 50m	Form sprint with 45 sec. rest
200m	Free Pull with 20 sec. rest
100m	Free Pull with 15 sec. rest
2 x 50m	Pull with 10 sec. rest
200m	Fly kick (fins optional)
2 x 50m	Fly (fins optional) with 20 – 30 sec. rest
2 x 50m	Fly (no fins) with 20 – 30 sec. rest



Cool down: (easy and slow – good technique)

2 x (50m Back, 50m Breast, 50m Free)



Programme 90 – mixed activities with IM focus

Warm Up:

(150m Free, 50m Not Free) x 3 with 20 sec. rest after each 200m swum

Main Set/s:

4 x 100m (50m Kick, 50m Swim – IM order) (No board for the kick)
with 20 sec. rest

12 x 25m Dive starts (3 x 25m for each stroke)

2 x 200m IM (fins optional) with 30 sec. rest

2- 4 x 100m IM (fins optional) with 30 sec. rest

Cool down: (easy swim down)

100m	Free Swim	}	x2
100m	Free Pull		