

Training Programs 71 - 80

Program 71

Main set quality kick set – approx. 5km

Warm Up:

12 x 50m (alternating 50m Free, 50m Back) on 1 min.

20 x 25m IM order on 45 sec.

Main Set/s:

8 x 50m (50m explode off the wall – first 8 strokes fast, 50m drill) choice of stroke on 1.15

Kick 1 x 50m Kick for time (sprint)

1 x 25m kick for time (sprint) easy swim back

Can repeat kick set above

Cool down:

400m easy choice

Program 72

Mainly Freestyle (aimed at triathletes) – 3km+

Warm Up:

12 x 50m 3 sets of:

1. Swim
2. Stroke Count
3. Swim
4. Pull

Main Set/s:

5 x 400m on 7min/7.30

Cool down: (Choice of stroke)

200m Swim

200m Kick

200m Pull

Program 73

Mainly Freestyle – 5km

Warm Up:

500m – 5 x (75m Free, 25m stroke) continuous
5 x 200m fins (25m Fly, 50m Fly kick, 25m Fly,
50m Back kick, 50m Backstroke)

Main set/s:

5 x 100m Free on 1.30
2 x 50m Pull on 45 sec.
4 x 100m Free on 1.30
4 x 50m Pull on 45 sec.
3 x 100m Free on 1.30
6 x 50m Pull on 45 sec.
2 x 100m Free on 1.30
8 x 50m Pull on 45 sec.
1 x 100m Free on 1.30
10 x 50m Pull on 45 sec.

Cool down:

Fins easy 500m alternating 100m Free kick, 100m Freestyle

Program 74

Mixed activities – mainly aerobic – 5km

Warm Up:

- 3 x 300m (50m Free, 50m back, 50m Free, 50m Breast, 50m Free, 50m Fly)
- 5 x 200m fins (50m Fly kick on front, 50m Back, 50m Fly kick on back, 50m Fly)
- 500m Free Pull and Paddles

Main Set/s

- 10 x 200m Fins
- 1 x 200IM
 - 2 x 200m Free
 - x 200m IM
 - 2 x 200m Back
 - 1 x 200m IM
 - 2 x 200m Free kick with board
 - 1 x 200m IM

Cool down:

- 4 x 150m
1. Breathing freestyle -every 3 strokes, 4 strokes every 5 strokes each 50m
 2. Catch up free, Freestyle - each 50m
 3. Easy free, Sprint free, easy free – each 50m
 4. First 8 strokes fast of each 50m – choice of strokes

Program 75

Main set 25m sprints

Warm Up:

1000m straight free – every 4th lap – kick and scull

Main Set/s:

Main set (below) to be completed 5 times through:

4 x 25m Free max. with fins on 40 sec. (aim for sub 15 sec

200m easy choice

Cool down:

300m easy not free

Program 76

Main sets Breast and Back

Warm Up:

4 x 150m (50m Free, 50m Back, 50m Breast) continuous

Main Set/s:

12 x 50m Back on 1 min 3 sets of

1. Streamline back kick
2. 1 arm back stroke drill
3. 1 arm back stroke drill
4. double arm back stroke

4 x 50m Back sprints on 1.30

200m Breaststroke kick with board

200m Breaststroke drill – 3 kicks/stroke

200m 1 -2 – 3 glide drill Breaststroke

4 x 50m mini max (minimal strokes max effort)
Breaststroke on 1.30/1.45

IM Turn practice

6 x 50m Alternating 50m breast pull then 50m back pull
on 1.15/1.30

Cool down:

400m easy choice

Program 77

Medley program

Warm Up:

3 x 100m Free swim
 100IM Kick

Main Set/s:

400IM without fins
2 x 200IM with 40 sec rest
4 x 100IM with 20 sec rest
6 – 8 x 50 IM switch with 15 sec rest
16 x 25m IM order with 10 sec rest

Cool down:

IM Turn practice
2 x (100m Free, 100m IM kick) with or without fins

Program 78

Advanced – over 5 km - main set 7 x 200m on 5 min (test set)

Warm Up:

100m	Free	} x 3
100m	Pull	
100m	Kick	

Main Set/s:

7 x 200m	Free on 5 min
3 x 200m	on 3 min/3.30
4 x 50m	Kick (no board) on 1.45
3 x 150m	Back on 3 min
4 x 50m	Kick on 1.30

Cool down:

50m	Form stroke swim	} x 2
50m	Form Pull	
100m	Form Kick	

Program 79

IM program

Warm Up:

200m	Free on 3.30
4 x 50m	IM order drill on 1.15
200m	Free on 3.30
4 x 50m	IM order on 1.05
200m	Free on 3.30

Main:

200m	IM on 4 min	}	x 3
3 x 100m	IM on 2 min		
4 x 50m	IM order on 1 min		
	2 min rest		

400m	IM Drill 8 min	}	x 2
4 x 100	IM order kick on 2.30		

Cool down:

200m – 400m easy choice of swimming (fins optional)

Program 80

Mixed strokes

Warm Up:

- 20 x 50m on 1 min with fins (3 x 50m Free, 1 x 50m Fly – 5 times through)
- 4 x 75m $\frac{3}{4}$ Back drill on 1.20
- 4 x 50m 1 arm back stroke drill on 1.10
- 6 x 25m Back sprint on 1 min

Main/s:

- 300m Breast – with 1-2-3 glide
- 200m Breast kick on back
- 150m Breast – 3 kicks to 1 stroke (pull)
- 100m Distance per stroke Breaststroke
- 4 x 50m Breast from dive on 1.15
- 6 x 25m Fly kick – no breathing with fins on 1.30 – streamline
- 3 x 150m Fly on 3.30 Streamline kick off (or alternative 50m Fly kick , 50m Drill, 50m Fly or similar)

Cool down:

- 200 – 400m easy swimming – with good technique