

Fit For...

Swimming - Olympic Triathlon

This is a 12 week programme, swimming 3 times a week. Follow the work outs in order, and miss the recovery session if you can't fit three swims in.

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
1	30 minutes	8 lengths/laps gentle front crawl 2 lengths/laps kick with a streamlined kickboard 4 lengths/laps front crawl 2 lengths/laps kick with a streamlined kickboard	8 lengths/laps steady swimming front crawl, 30 seconds rest 8 lengths/laps steady swimming front crawl, 30 seconds rest 4 x 1 length/lap sprint front crawl, 15 seconds rest after each	4 lengths/laps gentle front crawl	48 lengths/laps (1200m)	
2	30 minutes	8 lengths/laps gentle front crawl 6 lengths/laps pull with a pull buoy 4 lengths/laps front crawl 2 lengths/laps kick with a streamlined kickboard	Technique 4 x 1 length/lap catch up drill, 20 seconds after each 2 x 1 length/lap high elbow drill, 20 seconds after each main set 2 x 4 lengths/laps steady front crawl, counting your strokes, 30 seconds after each 2 x 4 lengths/laps faster front crawl, counting your strokes, 30 seconds after each 4 lengths/laps faster front crawl, 30 seconds rest 2 x 1 length/lap sprint front crawl, 20 seconds after each	4 lengths/laps front crawl	52 lengths/laps (1300m)	Pull all the way past your hips to get the full distance out of every stroke

**Remember your warm-up and cool down stretches*

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Session 3	Target Time 20 minutes	Warm Up 16 lengths/laps steady front crawl	Main Set 12 lengths/laps front crawl - count how many strokes per length, 1 minute rest 12 lengths/laps front crawl - try to reduce your stroke rate by one stroke per length	Warm Down 4 lengths/laps very easy	Total Lengths 44 lengths (1100m)	Top Tip RECOVERY SESSION - this is optional if you can only swim twice a week rather than three times
Session 4	Target Time 30 minutes	Warm Up 8 lengths/laps front crawl 4 x 1 lengths/laps kick with a streamlined kickboard, 20 seconds after each 8 lengths/laps pull with a pull buoy 4 lengths/laps catch up drill	Main Set 8 lengths/laps alternating one length fast and one length easy, 30 seconds rest 4 lengths/laps steady front crawl, 20 seconds rest 8 lengths/laps alternating one length fast and one length easy, 30 seconds rest 4 lengths/laps firm paced front crawl	Warm Down 2 lengths/laps backstroke to ease out the chest and shoulders 4 lengths/laps easy front crawl	Total Lengths 54 lengths/laps (1350m)	Top Tip Point your toes and kick from the hips when you do kicking
Session 5	Target Time 30 minutes	Warm Up 8 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy 4 lengths/laps front crawl technique 2 lengths/laps catch up drill 2 lengths/laps high elbow 2 lengths/laps concentrating on stroke length, stretch out and pull all the way past your hips	Main Set 4 lengths/laps counting your number of strokes on each length, 20 seconds rest 4 lengths/laps counting the number of strokes and trying to reduce the number on each length, 20 seconds rest 4 lengths/laps counting your number of strokes on each length, 20 seconds rest. Repeat the above again	Warm Down 2 lengths/laps backstroke to ease out the chest and shoulders 4 lengths/laps easy front crawl	Total Lengths 54 lengths/laps (1400m)	Top Tip Try breathing to both sides to keep your stroke balanced

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Session 6	Target Time 25 minutes	Warm Up 8 lengths/laps gentle front crawl 8 lengths/laps as one length easy, one length faster	Main Set 8 lengths/laps concentrating on stroke length, stretch out and pull all the way past your hips, 1 minute rest 8 lengths/laps pulling with a pull buoy and flexi paddles (if you have them), focus on stroke length, 1 minute rest 8 lengths/laps concentrating on stroke length, stretch out and pull all the way past your hips	Warm Down 8 lengths/laps any stroke really easy	Total Lengths 48 lengths/laps (1200m)	Top Tip Recovery work out
Session 7	Target Time 40 minutes	Warm Up 8 lengths/laps front crawl 4 x 1 lengths/laps kick with a streamlined kickboard, 15 seconds after each 8 lengths/laps pull with a pull buoy 4 lengths/laps front crawl	Main Set 4 lengths/laps steady front crawl, 20 seconds rest 4 lengths/laps - lengths 1 and 3 high elbow front crawl, lengths 2 and 4 steady front crawl, 20 seconds rest 4 lengths/laps steady front crawl 4 lengths/laps - lengths 1 and 3 concentrating on gliding, lengths 2 and 4 steady front crawl, 20 seconds rest 4 lengths/laps steady front crawl, 20 seconds rest. Repeat the above	Warm Down 8 lengths/laps gentle front crawl	Total Lengths 60 lengths/laps (1800m)	Top Tip Push off your turns hard and streamline very time

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Session 8	Target Time 35 minutes	Warm Up 8 lengths/laps front crawl 4 x 1 lengths/laps kick with a streamlined kickboard, 15 seconds after each 8 lengths/laps pull with a pull buoy 4 lengths/laps front crawl technique 2 lengths/laps catch up drill 2 lengths/laps high elbow drill 2 lengths/laps concentrating on gliding with each stroke	Main Set 8 x 2 lengths/laps firm pace with 20 seconds after each 8 lengths/laps steady swimming with long strokes 4 x 2 lengths/laps firm pace with 20 seconds after each	Warm Down 10 lengths/laps gentle front crawl	Total Lengths 72 lengths/laps (1800m)	Top Tip Firm pace should be slightly faster than your race pace for 1500m
Session 9	Target Time 25 minutes	Warm Up 12 lengths/laps steady swimming	Main Set 12 lengths/laps pulling with a pull buoy, high elbow drill, 2 minutes rest 12 lengths/laps swimming with long stretched out strokes, 2 minutes rest	Warm Down 6 lengths/laps alternating freestyle and backstroke 6 lengths/laps super slow front crawl	Total Lengths 48 lengths/laps (1200m)	Top Tip Recovery work out
Session 10	Target Time 40 minutes	Warm Up 8 lengths/laps front crawl 6 lengths/laps pull with a pull buoy 4 lengths/laps front crawl 2 lengths/laps kick with a streamlined kickboard	Main Set 6 lengths/laps your choice of drill, 30 seconds rest 6 lengths/laps firm pace swimming, 30 seconds rest. Repeat 4 times in total	Warm Down 4 lengths/laps swimming front crawl with as little 'splash' as possible, concentrating on technique 4 lengths/laps gentle front crawl	Total Lengths 76 lengths/laps (1900m)	Top Tip Keep your hips up high when you swim so that you create less resistance

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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
11	40 minutes	8 lengths/laps front crawl 4 lengths/laps pull with a pull buoy 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps front crawl technique 2 lengths/laps catch up drill 2 lengths/laps concentrating on long strokes and gliding	4 x 4 lengths/laps steady front crawl, 30 seconds after each 12 lengths/laps steady front crawl, 40 seconds rest 8 lengths/laps faster front crawl trying to maintain long strokes, 40 seconds rest 4 lengths/laps fast front crawl, time your swim	4 lengths/laps swimming front crawl counting strokes per length and trying to reduce them 4 lengths/laps gentle front crawl	64 lengths/laps (1800m)	When you feel tired in training really focus on your technique

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
12	25 minutes	8 lengths/laps steady swimming	2 x 16 lengths/laps stroke counting, try to maintain the same stroke count throughout, 1 minute after each	8 lengths/laps super slow front crawl	48 lengths/laps (1200m)	Keep a mental note of your stroke rate per length and try to improve it over time

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
13	45 minutes	8 lengths/laps front crawl 4 lengths/laps pull with a pull buoy 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps front crawl technique 3 lengths/laps catch up drill 3 lengths/laps high elbow drill 2 lengths/laps concentrating on long strokes and gliding	4 lengths/laps working your turns, 30 seconds rest 4 x 2 lengths/laps fast, 25 seconds after each 4 lengths/laps building up speed with each length, 1 minute rest 8 lengths/laps steady with long strokes, 1 minute rest. Repeat the above	4 lengths/laps gentle front crawl 4 lengths/laps swimming front crawl counting strokes per length and trying to reduce them 4 lengths/laps gentle front crawl	88 lengths/laps (2200m)	The fast sections should be done quicker than your race pace for 1500m

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Session 14	Target Time 45 minutes	Warm Up 12 lengths/laps front crawl 8 lengths/laps pull with a pull buoy 4 lengths/laps kick with a streamlined kickboard technique 3 lengths/laps catch up drill 3 lengths/laps zipper drill 2 lengths/laps concentrating on long strokes and gliding	Main Set 4 lengths steady front crawl, 20 seconds rest 8 lengths steady front crawl, 25 seconds rest 12 lengths faster front crawl trying to maintain a steady speed, 1 minute rest. Repeat the above	Warm Down 8 lengths/laps gentle front crawl	Total Lengths 88 lengths/laps (2200m)	Top Tip Try to focus on getting into a good smooth rhythm during the main set
Session 15	Target Time 25 minutes	Warm Up 8 lengths/laps steady swimming	Main Set 32 lengths/laps stroke counting, try to maintain the same stroke count throughout	Warm Down 8 lengths/laps super slow front crawl	Total Lengths 48 lengths/laps (1200m)	Top Tip Easy recovery work out, take time to stretch out
Session 16	Target Time 45 minutes	Warm Up 8 lengths/laps front crawl 2 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy 2 lengths/laps front crawl	Main Set 15 x 4 lengths/laps front crawl at your maximum heart rate minus 40 beats, 20 seconds after each	Warm Down 8 lengths/laps gentle front crawl, concentrating on technique 8 lengths/laps gentle front crawl	Total Lengths 92 lengths/laps (2300m)	Top Tip This should be a low intensity aerobic work out, you should not be out of breath
Session 17	Target Time 45 minutes	Warm Up 8 lengths/laps front crawl 2 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy 2 lengths/laps kick with a streamlined kickboard 4 lengths/laps front crawl technique 4 lengths/laps catch up drill 4 lengths/laps concentrating on long strokes and gliding	Main Set 8 lengths/laps firm pace swimming, 30 seconds rest 4 x 2 lengths/laps fast, 25 seconds after each 8 lengths/laps steady swimming, 1 minute rest. Repeat the above	Warm Down 12 lengths/laps gentle front crawl	Total Lengths 88 lengths/laps (2200m)	Top Tip This work out will help improve your pacing



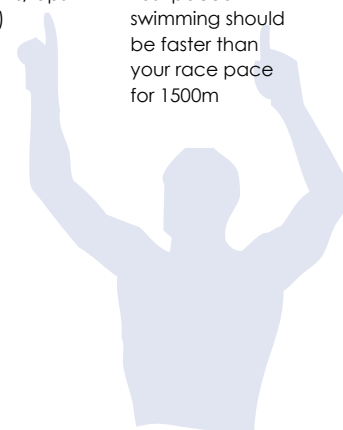
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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
18	30 minutes	8 lengths/laps steady swimming	2 x 20 lengths/laps stroke counting, try to maintain the same stroke count throughout, 1 minute between each	8 lengths/laps super slow front crawl	54 lengths/laps (1400m)	Use a pull buoy on the main set if you find it easier than swimming

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
19	45 minutes	8 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy technique 2 lengths/laps catch up drill 2 lengths/laps zipper drill 2 lengths/laps concentrating on pushing through the stroke and gliding	3 x 4 lengths/laps steady front crawl, 20 seconds rest after each 2 x 8 lengths/laps steady front crawl, 25 seconds rest after each 1 x 16 lengths/laps front crawl trying to maintain a steady speed, 30 seconds rest 2 x 8 lengths faster front crawl trying to maintain a steady speed, 25 seconds rest after each 3 x 4 lengths/laps faster front crawl trying to maintain a steady speed, 20 seconds rest after each	4 lengths/laps swimming front crawl counting strokes per length and trying to reduce them 4 lengths/laps gentle front crawl	96 lengths/laps (2400m)	Try to swim the main set at around your race pace for 1500m

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
20	45 minutes	8 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy technique 2 lengths/laps catch up drill 2 lengths/laps zipper drill 2 lengths/laps concentrating on long strokes and gliding	6 x 2 lengths/laps fast pace, 25 seconds after each 16 lengths/laps steady swimming, 30 seconds rest 6 x 2 lengths/laps fast pace, 20 seconds after each 16 lengths/laps steady swimming 6 x 2 lengths/laps fast pace, 20 seconds after each	8 lengths/laps gentle front crawl	96 lengths/laps (2400m)	Fast paced swimming should be faster than your race pace for 1500m



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Session 21	Target Time 45 minutes	Warm Up 8 lengths/laps steady swimming	Main Set 16 lengths/laps high elbow drill, 1 minute rest 16 lengths/laps with long strokes, pull all the way past your hips, 1 minute rest 12 lengths/laps easy swimming but work your turns, 1 minute rest	Warm Down 8 lengths/laps super slow front crawl	Total Lengths 60 lengths/laps (1500m)	Top Tip This is a recovery work out, take it steady and focus on good technique
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Session 22	Target Time 45 minutes	Warm Up 8 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 8 lengths/laps pull with a pull buoy 4 lengths/laps front crawl	Main Set 5 x 4 lengths/laps steady pace, 15 seconds after each 5 x 4 lengths/laps faster pace, 20 seconds after each 5 x 4 lengths/laps race pace, 30 seconds after each	Warm Down 6 lengths/laps gentle front crawl, concentrating on technique 6 lengths/laps gentle front crawl	Total Lengths 96 lengths/laps (2400m)	Top Tip Remember race pace is your pace for 1500m, not flat out!
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Session 23	Target Time 45 minutes	Warm Up 12 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy technique 1 length/lap breathing to the left 1 length/lap breathing to the right 2 lengths/laps catch up drill 2 lengths/laps concentrating on pushing through the stroke and gliding	Main Set 4 x 2 lengths/laps fast, 25 seconds after each 16 lengths/laps steady swimming with long strokes, 1 minute rest 8 x 2 lengths/laps fast, 25 seconds after each 16 lengths/laps steady swimming with long strokes, 1 minute rest 4 x 2 lengths/laps fast, 25 seconds after each	Warm Down 8 lengths/laps gentle front crawl	Total Lengths 96 lengths/laps (2400m)	Top Tip Count your stroke per length and try to maintain your stroke rate when you get tired
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Session 24	Target Time 30 minutes	Warm Up 8 lengths/laps steady swimming	Main Set 40 lengths steady pace, with long strokes	Warm Down 8 lengths/laps super slow front crawl	Total Lengths 56 lengths/laps (1400m)	Top Tip This is recovery work out
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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
25	45 minutes	8 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy technique 1 length/lap breathing to the left 1 length/lap breathing to the right 2 lengths/laps catch up drill 4 lengths/laps concentrating on technique and building up speed through the 4 lengths	16 lengths/laps steady pace, 30 seconds rest, 16 lengths/laps slightly faster, 30 seconds rest, 16 lengths/laps working every 4th length fast, 40 seconds rest, 16 lengths at race pace	8 lengths/laps gentle front crawl	96 lengths/laps (2400m)	
26	45 minutes	8 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 8 lengths/laps pull with a pull buoy 4 lengths/laps front crawl	10 x 2 lengths/laps steady, 20 seconds after each 10 x 4 lengths/laps race pace, 25 seconds after each	2 lengths/laps backstroke to stretch out chest and shoulders 6 lengths/laps gentle front crawl	92 lengths/laps (2300m)	Try to engage your legs and kick during the main set
27	30 minutes	8 lengths/laps steady swimming 8 lengths/laps your choice of drills	8 x 4 lengths/laps steady pace with long strokes, 30 seconds after each	8 lengths/laps super slow front crawl	56 lengths/laps (1400m)	This is a recovery work out
28	45 minutes	8 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy 4 lengths/laps front crawl	2 x 12 lengths/laps steady swimming, 30 seconds between each 12 lengths/laps faster swimming, 40 seconds rest 12 lengths/laps faster again, 40 seconds rest 12 lengths/laps as fast as you can go, pace it well!	4 lengths/laps gentle front crawl 4 lengths/laps front crawl, concentrating on technique 4 lengths/laps gentle front crawl	92 lengths/laps (2300m)	Exhale slowly when your head is under the water and inhale when you turn your head to breathe

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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
29	45 minutes	8 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 6 lengths/laps pull with a pull buoy technique 1 length/lap breathing to the left 1 length/lap breathing to the right 2 lengths/laps concentrating on pushing through the stroke and gliding 4 x 1 length/lap 'sighting' every 3 breaths	3 x 4 lengths/laps steady swimming, 20 seconds after each 30 seconds rest 3 x 4 lengths/laps faster swimming, 20 seconds after each set 30 seconds rest 3 x 4 lengths/laps steady pull with pull buoy, 20 seconds after each 30 seconds rest 3 x 4 lengths/laps faster pull with pull buoy, 20 seconds after each	4 lengths/laps gentle front crawl 4 lengths/laps concentrating on technique 4 lengths/laps gentle front crawl	88 lengths/laps (2200m)	Keep your elbows high and relax your hand as you recover your arm between each pull

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
30	30 minutes	8 lengths/laps steady swimming 8 lengths/laps your choice of drills	4 x 8 lengths/laps steady pace with long strokes, 40 seconds after each	8 lengths/laps super slow front crawl	56 lengths/laps (1400m)	This is a recovery work out

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
31	35 minutes	6 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy 4 lengths/laps front crawl	3 x 8 lengths/laps steady swimming or pulling, 20 seconds after each 3 x 8 lengths/laps getting faster on each repetition, go fast on the last one, 30 seconds after each	2 lengths/laps backstroke to stretch out chest and shoulders 4 lengths/laps gentle front crawl	72 lengths/laps (1800m)	The length of work outs are now reducing so you can rest before your race

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
32	35 minutes	8 lengths/laps front crawl 4 lengths/laps pull with a pull buoy technique 1 length/lap breathing to the left 1 length/lap breathing to the right 2 lengths/laps 'sighting' every 3 breaths	3 x 4 lengths steady swimming, 15 seconds after each 4 x 2 lengths/laps as 1 length slow, 1 length fast, 20 seconds after each. Repeat the above	2 lengths/laps backstroke 2 lengths/laps concentrating on technique 4 lengths/laps gentle front crawl	68 lengths/laps (1700m)	Pull all the way past your hips

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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
33	20 minutes	8 lengths/laps steady swimming 8 lengths/laps your choice of drills	2 x 8 lengths/laps steady pace with long strokes, 40 seconds after each	8 lengths/laps super slow front crawl	40 lengths/laps (1000m)	This is an optional recovery work out

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
34	25 minutes	8 lengths/laps front crawl 4 lengths/laps pull with a pull buoy 2 lengths/laps technique 2 lengths/laps catch up drill 2 lengths/laps zipper drill 2 lengths/laps concentrating long strokes and gliding 2 lengths/laps 'sighting' every 3 breaths	6 lengths/laps steady swimming, 45 seconds rest 2 x 1 length fast pace swimming, 30 seconds after each. Repeat the above	4 lengths/laps gentle front crawl	40 lengths/laps (1000m)	The speed work in this work out is designed to sharpen you up without making you tired

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
35	25 minutes	4 lengths/laps front crawl 4 lengths/laps pull with a pull buoy 2 lengths/laps front crawl	6 x 4 lengths/laps steady swimming, 20 seconds between each	4 lengths/laps front crawl, concentrating on technique 2 lengths/laps gentle front crawl	40 lengths/laps (1000m)	Swim steadily on the main set, stroke is more important than speed today

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
36	20 minutes	8 lengths/laps steady swimming 4 lengths/laps your choice of drills	16 lengths/laps steady swimming with long strokes	4 lengths/laps super slow front crawl	32 lengths/laps (800m)	This work out is optional, swimming twice in the week leading up to your event is plenty. You may not need to swim three times this week!

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