

Fit For...

Swimming - Performance

These sessions are designed for swimmers who know how to use interval training as part of their exercise schedule, but maybe you want to try out some new ones. Challenge yourself, work up to the 3000m sessions, but also work the basics of your stroke and look for improvements. You can do each session as many times as you wish before moving on to the next one.

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
1	45 mins	100m swimming any stroke 100m pulling 100m swimming any stroke 100m kicking with a streamlined kickboard 100m swimming any stroke	3 x 100m, 15 seconds rest after each 2 x 200m 20 seconds rest after each 1 x 300m as 50m kick, 50m 75% effort swim, 30 seconds rest 1 x 400m as 25m moderate swimming, 25m max swimming	200m mixing up the strokes	2000m	This session should be done at moderate paced effort, meaning you should be slightly out of breathe, but able to maintain a pace throughout
2	45 minutes	200m front crawl/freestyle 50m any stroke, no front crawl/freestyle 200m pulling with a pull buoy 50m kicking with a streamlined kickboard	6 x 100m front crawl/freestyle as 75m swimming, 25m drill, 20 seconds rest after each 4 x 50m as 1 moderate, 1 building up the speed to fast, 20 seconds rest 4 x 100m front crawl/freestyle steady swimming 20 seconds rest after each 2 x 50m flat out sprint, 45 seconds rest	400m long and steady as 100m breathing every 3 strokes, 100m high elbow technique, 200m any stroke	2000m	Wearing fins should help your ankle flexibility and help you kick better, they also work your quads

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

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3	45 minutes	200m swimming any stroke 150m pull 100m kick 50m drill	400m front crawl/freestyle pulling with paddles with long strokes and high elbows 1 minute rest 300m front crawl/freestyle pull (no paddles) picking up the pace a little 1 minute rest 200m front crawl/freestyle swimming at moderate/firm pace 1 minute rest 100m front crawl/freestyle fast 1 minute rest 100m easy recovery, any stroke 4 x 50m kicking with a streamlined kickboard, or drills any stroke, 20 seconds after each	300m moderate swimming any stroke	2100m	Try to vary your breathing patterns on front crawl, it will help improve your balance and technique
4	45 minutes	300m moderate swimming any stroke 6 x 50m swim firm pace, 20 seconds rest after each	400m front crawl/freestyle steady pace 45 seconds rest 4 x 25m 90% effort any stroke, 20 seconds rest after each 300m front crawl/freestyle pull steady pace 30 seconds rest 6 x 25m 95% effort any stroke, 20 seconds rest after each 200m front crawl/freestyle pull with paddles steady pace 30 seconds rest 8 x 25m 100% effort any stroke, 30 seconds rest after each	200m moderate swimming any stroke	2150m	Using all the strokes gives your body an all over work out

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5	50 minutes	300m moderate swimming any stroke 200m pull 8 x 50m 25m drill, 25m swim - get faster through the length	Timed 800m - how fast can you go? Rest until you get your breathe back, remember your time and write it down after the work out 400m steady stretched out front crawl/freestyle maintaining good technique	200m really easy swimming	50 minutes	This is a test set designed to challenge you! Pace yourself evenly over the 800m

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
6	50 minutes	200m front crawl/freestyle 200m choice drills 100m front crawl/freestyle pull 100m kicking with your streamlined kickboard	10 x 150m front crawl/freestyle with 30 seconds after each, broken down as: 4 x steady with good technique, 3 x getting faster on each one. Another 3 x getting faster on each one	200m moderate swimming any stroke	2300m	Push off all your turns strongly and make sure you are streamlined

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
7	50 minutes	300m swimming any stroke 200m pulling 100m kicking with a streamlined kickboard	8 x 50m swimming with long strokes, build your speed through the repetitions, 15 seconds rest after each 6 x 75m 25m fast kicking, 50m easy swimming, 20 seconds rest after each 4 x 109m swimming, build your speed through the repetitions, 20 seconds rest after each 2 x 200m front crawl/freestyle swim with paddles, 30 seconds rest after each	100m easy swimming any stroke	2350m	Paddles help build strength in your arms, your stroke rate will slow down so use this as an opportunity to think about good technique



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8	55 minutes	300m swimming any stroke 200m pulling 100m kicking with a streamlined kick board	400m front crawl/freestyle steady pace thinking about technique, 45 seconds rest 2 x 200m front crawl/freestyle faster pace (70% effort), 30 seconds rest 4 x 100m front crawl/freestyle get faster each 25m to fast pace, 30 seconds rest 8 x 50m front crawl/freestyle as 1 moderate, 1 fast, 20 seconds after each	200m moderate swimming any stroke	2400m	To prevent injury and muscle soreness stretch before and after swimming
9	55 minutes	200m moderate swimming any stroke 4 x 50m firm pace swim, 20 seconds rest	4 x 100m front crawl/freestyle swim at 70% effort, 20 seconds rest 200m moderate swimming concentrating on high elbow technique 4 x 100m front crawl/freestyle swim at 80% effort, 30 seconds rest 200m moderate swimming concentrating on long strokes 4 x 100m front crawl/freestyle swim at 90% effort, 40 seconds rest 200m moderate swimming concentrating on pulling all the way past your hips	200m moderate swimming any stroke	2400m	Try using a heart rate monitor to check how hard you are working

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Session 10	Target Time 55 minutes	Warm Up 400m swimming any stroke 200m drills, kicking or pulling - your choice	Main Set 4 x 400m front crawl/freestyle as: 1 - front crawl/freestyle 2 - 50m any stroke, 50m 75% effort 3 - 50m kick, 150m pull with your pull buoy 4 - front crawl/freestyle with hand paddles breathing every 3 or 5 strokes 30 seconds rest. Speed set 8 x 25m - sprints any stroke, 20 seconds rest	Warm Down 100m moderate swimming any stroke	Total Lengths 2500m	Top Tip Take as few breaths as you can during the sprint lengths
Session 11	Target Time 55 minutes	Warm Up 400m moderate swimming any stroke 4 x 50m - front crawl/freestyle, 10 seconds after each, think about your stroke and breathe every 3 strokes	Main Set 10 x 100m front crawl/freestyle, 20 seconds rest after each 4 x 200m front crawl/freestyle pull with paddles, 30 seconds rest after each 200m	Warm Down 200m moderate swimming any stroke	Total Lengths 2600m	Top Tip This workout will help maintain and build your aerobic base fitness
Session 12	Target Time 60 minutes	Warm Up 400m front crawl/freestyle 4 x 25m kick, 15 seconds after each 400m pull any stroke 4 x 25m kick, 15 seconds after each	Main Set 3 x 200m steady paced swimming 100m easy swimming 2 x 200m firm paced swimming 50m easy swimming 1 x 200m fast swimming 50m very easy swimming	Warm Down 200m moderate swimming any stroke	Total Lengths 2600m	Top Tip To get an extra leg work out, push off the walls as hard as you can after every turn

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By using this training plan you are agreeing to the terms and conditions of membership, with particular reference to sections 4.2 (a), 11 and 12. A copy of the terms and conditions is available on the website and in your membership pack.