

# Fit For...

## Swimming - Sprint Triathlon

The plan is designed for each session to follow the other.  
With 3 sessions a week, it forms an 8 week programme leading up to your race day.

<b>Session</b> 1	<b>Target Time</b> 30 minutes	<b>Warm Up</b> 4 lengths/laps gentle front crawl 2 lengths/laps kicking with a streamlined kickboard 2 lengths/laps front crawl	<b>Main Set</b> 4 lengths/laps steady swimming front crawl, 30 seconds rest 4 x 1 length/lap sprint front crawl, 15 seconds rest after each	<b>Warm Down</b> 4 lengths/laps gentle front crawl	<b>Total Lengths</b> 28 lengths/laps (700m)	<b>Top Tip</b> Work through these work outs in order
<b>Session</b> 2	<b>Target Time</b> 30 minutes	<b>Warm Up</b> 4 lengths/laps gentle front crawl 2 lengths/laps kick with a streamlined kickboard 4 lengths/laps front crawl technique 4 x 1 length/lap catch up drill, 20 seconds rest after each	<b>Main Set</b> 4 lengths/laps steady front crawl, counting your strokes on the 4th length 30 seconds rest 4 lengths/laps faster front crawl, counting your strokes on the 4th length 30 seconds rest 4 lengths/laps faster front crawl 30 seconds rest 2 x 1 length/lap sprint front crawl	<b>Warm Down</b> 4 lengths/laps gentle front crawl	<b>Total Lengths</b> 2000m	<b>Top Tip</b> Good technique will save you energy for the bike and run
<b>Session</b> 3	<b>Target Time</b> 35 minutes	<b>Warm Up</b> 4 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy 4 lengths catch up drill	<b>Main Set</b> 6 lengths/laps alternating one length fast and one length easy 30 seconds rest 4 lengths/laps steady front crawl 25 seconds rest 4 lengths/laps alternating one length fast and one length easy 30 seconds rest 4 x 1 length/lap sprint front crawl	<b>Warm Down</b> 2 lengths backstroke to ease out the chest and shoulders 4 lengths easy front crawl	<b>Total Lengths</b> 40 lengths/laps (1000m)	<b>Top Tip</b> Stay hydrated!

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4	35 minutes	4 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 one armed drill 2 lengths/laps concentrating on length of stroke 2 lengths/laps concentrating on pushing through the stroke	4 lengths/laps counting the number of strokes and trying to reduce the number on each length 20 seconds rest 4 lengths/laps trying to maintain the same 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	2 lengths backstroke to ease out the chest and shoulders 4 lengths easy front crawl	42 lengths/laps (1050m)	If you find this work out hard it might be due to problems with your technique

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
5	40 minutes	4 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	4 lengths/laps - lengths 1 and 3 catch up drill, lengths 2 and 4 steady front crawl, 20 seconds rest 4 lengths/laps lengths 1 and 3 one armed front crawl, lengths 2 and 4 steady front crawl, 20 seconds rest 4 lengths/laps lengths 1 and 3 zipper drill (running thumb up side of body on recovery phase), lengths 2 and 4 steady front crawl, 20 seconds rest 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 pulling with a pull buoy between your legs	4 lengths/laps front crawl counting your strokes and trying to reduce them each length 4 lengths/laps gentle front crawl	44 lengths/laps (1100m)	You might not want to do kicking, but it will help make your legs stronger!

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<b>Session</b> 6	<b>Target Time</b> 45 minutes	<b>Warm Up</b> 4 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 zipper drills 2 lengths/laps concentrating on gliding with each stroke	<b>Main Set</b> 4 x 2 lengths/laps sprinting with 25 seconds between each 4 lengths/laps building up speed with each length 4 x 2 lengths/laps sprinting with 20 seconds between each	<b>Warm Down</b> 4 lengths/laps front crawl counting your strokes and trying to reduce them each length 4 lengths/laps gentle front crawl	<b>Total Lengths</b> 50 lengths/laps (1250m)	<b>Top Tip</b> Stay hydrated, you will sweat as you swim
<b>Session</b> 7	<b>Target Time</b> 45 minutes	<b>Warm Up</b> 4 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy 2 lengths/laps front crawl	<b>Main Set</b> 4 lengths/laps catch up drill, 20 seconds rest 4 lengths/laps counting your strokes, 20 seconds rest 4 lengths/laps zipper drill (running thumb up side of body on recovery phase), 20 seconds rest 4 lengths/laps concentrating on long strokes and gliding, 20 seconds rest 4 lengths/laps steady front crawl, pulling with a pull buoy, 20 seconds rest 4 lengths/laps steady front crawl counting your strokes and trying to reduce them each length	<b>Warm Down</b> 4 lengths/laps swimming front crawl with as little 'splash' as possible, concentrating on technique 4 lengths/laps gentle front crawl	<b>Total Lengths</b> 46 lengths/laps (1150m)	<b>Top Tip</b> Stretch during your work out while your muscles are warm and supple

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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
8	45 minutes	4 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy 2 lengths/laps front crawl technique 2 lengths/laps catch up drill 2 lengths/laps concentrating on long strokes and gliding	2 x 4 lengths steady front crawl, 20 seconds rest 8 lengths steady front crawl, 25 seconds rest 8 lengths faster front crawl trying to maintain long strokes, 30 seconds rest 4 lengths fast front crawl	4 lengths/laps swimming front crawl counting strokes per length and trying to reduce them 4 lengths/laps gentle front crawl	54 lengths/laps (1350m)	Try using flexi paddles they will help build strength and improve your technique

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
9	50 minutes	4 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 high elbow drill 2 lengths/laps concentrating on long strokes and gliding	4 x 2 lengths/laps fast, 25 seconds after each 4 lengths/laps building up speed with each length, 1 minute rest 4 x 2 lengths/laps fast, 20 seconds after each 4 lengths/laps steady speed	4 lengths/laps swimming front crawl counting strokes per length and trying to reduce them 4 lengths/laps gentle front crawl	54 lengths/laps (1350m)	If you are feeling tired from running and cycling substitute your programmed work out for a long steady swim at a low heart rate

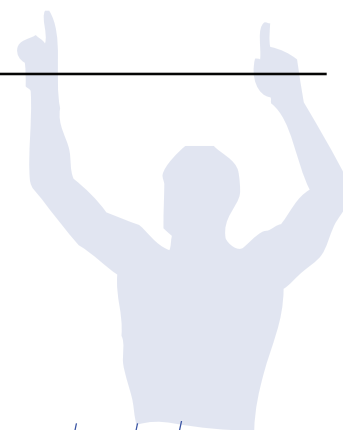
Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
10	50 minutes	4 lengths/laps front crawl 4 lengths/laps pull with a pull buoy 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps front crawl technique 2 lengths/laps catch up drill 2 lengths/laps zipper drill 2 lengths/laps concentrating on pushing through the stroke and gliding	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, 30 seconds rest 8 lengths faster front crawl trying to maintain a steady speed, 25 seconds rest 4 lengths/laps faster front crawl trying to maintain a steady speed	2 lengths/laps swimming front crawl counting strokes per length and trying to reduce them 4 lengths/laps gentle front crawl	50 lengths/laps (1250m)	Make the drills your focus today



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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
13	50 minutes	4 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	2 x 4 lengths steady front crawl, 20 seconds rest after each 1 x 8 lengths steady front crawl, 25 seconds rest 1 x 16 lengths front crawl trying to maintain a steady speed, 30 seconds rest 1 x 8 lengths faster front crawl trying to maintain a steady speed, 25 seconds rest 2 x 4 lengths/laps faster front crawl trying to maintain a steady speed, 20 seconds rest after each	2 lengths/laps swimming front crawl counting strokes per length and trying to reduce them 4 lengths/laps gentle front crawl	72 lengths/laps (1800m)	Remember to practice sighting in training
14	50 minutes	4 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 zipper drill 2 lengths/laps concentrating on pushing through the stroke and gliding	4 lengths/laps 20 building up speed with each length, 30 seconds rest 4 x 2 lengths/laps firm controlled pace, 25 seconds after each 6 x 2 lengths/laps firm controlled pace, seconds after each 2 x 4 lengths/laps firm controlled pace, 25 seconds after each 4 x 2 lengths/laps sprinting, 25 seconds after each	6 lengths/laps gentle front crawl	64 lengths/laps (1600m)	Sections done at 'firm controlled pace' should be done at your race pace, or slightly faster (eg if your 400m time is 8 minutes, your time per 50m should be 1 minute or slightly faster)



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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
15	50 minutes	4 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy 2 lengths/laps front crawl	4 lengths/laps catch up drill, 20 seconds rest 4 lengths/laps length 1 and 3 breathe to the left, lengths 2 and 4 breathe to the right, 20 seconds rest, 4 lengths/laps zipper drill, 20 seconds rest 4 lengths/laps concentrating on long strokes and gliding, 25 seconds rest 8 lengths/laps steady swim, 30 seconds rest 4 x 1 length/lap practicing 'sighting' each third breathe, 25 seconds rest, 4 lengths/laps steady front crawl counting your strokes and trying to reduce them each length	4 lengths/laps gentle front crawl, concentrating on technique 4 lengths/laps gentle front crawl	54 lengths/laps (1350m)	This is a technique and recovery session, it should not be done at a fast pace

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
16	50 minutes	4 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	4 x 2 lengths/laps fast controlled pace, 25 seconds after each 2 x 4 lengths/laps building up speed with each length, 25 seconds after each 8 x 2 lengths/laps fast controlled pace, 20 seconds after each 2 x 4 lengths/laps fast controlled pace, 25 seconds after each 4 x 2 lengths/laps sprinting with 25 seconds after each	4 lengths/laps gentle front crawl	70 lengths/laps (1650m)	Work your turns - push off strong and get in a good streamlined position

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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
17	50 minutes	4 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 right 2 lengths/laps catch up drill 2 lengths/laps concentrating on long strokes and gliding 4 lengths/laps concentrating on technique and building up speed through the 4 lengths	16 lengths/laps (timed if possible) aiming to keep a steady pace and not get slower, 1 minute rest 16 lengths/laps aiming to be slightly faster than before if timed, 1 minute rest 2 x 4 lengths/laps pull buoy with 20 seconds between each 4 lengths/laps kick with streamlined kickboard	4 lengths/laps concentrating on technique 4 lengths/laps gentle front crawl	74 lengths/laps (1850m)	Don't start too fast on the first 400m timed!
18	45 minutes	4 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	10 x 2 lengths/laps your race pace, 20 seconds after each 5 x 4 lengths/laps steady pace with long smooth strokes, 25 seconds after each	2 backstroke to stretch out chest and shoulders 4 lengths/laps gentle front crawl	62 lengths/laps (1550m)	The total length of this work out is shorter than the previous one, it's time to start resting in preparation for your race



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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
19	40 minutes	4 lengths/laps front crawl 4 lengths/laps kick with a streamlined kickboard 4 lengths/laps pull with a pull buoy 2 lengths/laps crawl	4 lengths/laps – right, 20 seconds rest 4 lengths/laps catch up drill, 20 seconds rest 4 lengths/laps zipper drill, 20 seconds rest 4 lengths/laps concentrating on long strokes and gliding, 20 seconds rest 8 lengths/laps steady pulling with pull buoy, 30 seconds rest 4 lengths/laps steady swim trying to reduce stroke count each length/lap practicing 'sighting', 25 seconds rest 4 x 2 length/laps kick with streamlined kickboard	4 lengths/laps front crawl, concentrating on technique, 4 lengths/laps gentle front crawl	62 lengths/laps (1150m)	Really focus on the technique work today

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
20	45 minutes	4 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 right 2 lengths/laps catch up drill 2 lengths/laps concentrating on pushing through the stroke and gliding 4 x 1 length/lap 'sighting'	3 x 4 lengths/laps steady pace, 20 seconds after each 3 x 4 lengths/laps aiming to get faster throughout each repetition, 20 seconds after each 3 x 4 lengths/laps pull with pull buoy, 20 seconds after each set 4 x 1 lengths/laps kick with streamlined kickboard, 20 seconds after each set	4 lengths/laps concentrating on technique 4 lengths/laps gentle front crawl	70 lengths/laps (1650m)	When sighting in a swimming pool pick something at the end of the pool to look at each time, e.g the pace clock, floats etc.

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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
21	45 minutes	4 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	4 x 2 lengths/laps fast, 20 seconds after each 2 x 4 lengths/laps steady pace, 25 seconds after each 8 lengths/laps at controlled even pace, 30 seconds rest 2 x 4 lengths/laps steady pace, 25 seconds after each 4 x 2 lengths/laps fast, 20 seconds after each.	2 backstroke to stretch out chest and shoulders 4 lengths/laps gentle front crawl	62 lengths/laps (1550m)	If your legs are tired break up the kicking work and give yourself more rest

Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
22	50 minutes	4 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 1 length/lap breathing to the right 4 lengths/laps sighting'	24 lengths/laps steady aiming to maintain pace, 30 seconds rest 2 x 4 lengths/laps pull with pull buoy, 20 seconds after each 3 x 4 lengths fast, 20 seconds after each	2 lengths/laps backstroke 2 lengths/laps concentrating on technique 4 lengths/laps gentle front crawl	74 lengths/laps (1850m)	This is a slightly longer maintenance and recovery work out



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Session	Target Time	Warm Up	Main Set	Warm Down	Total Lengths	Top Tip
23	30 minutes	8 lengths/laps front crawl 4 lengths/laps pull with a pull buoy technique, 2 lengths/laps catch up drill 2 lengths zipper drill 2 lengths/laps concentrating on pushing through the stroke and gliding 2 lengths sighting'	4 x 2 lengths/laps steady, 25 seconds after each 4 lengths/laps easy swimming, 30 seconds rest 4 x 2 lengths/laps fast, 20 seconds after each 4 lengths/laps easy swimming, 25 seconds rest	4 lengths/laps gentle front crawl	60 lengths/laps (1200m)	Your race is approaching time to rest!
24	25 minutes	4 lengths/laps front crawl 4 lengths/laps pull with a pull buoy 2 lengths/laps front crawl.	4 lengths/laps catch up drill, 20 seconds rest 4 lengths/laps concentrating on long strokes and gliding, 20 seconds rest 4 lengths/laps steady swim pulling the pull buoy, 30 seconds rest 4 x 1 lengths/laps building the speed through each length, 20 seconds after each	4 lengths/laps front crawl, concentrating on technique 2 lengths/laps gentle front crawl	32 lengths/laps (800m)	If your race is looming make sure you stay relaxed and focused, you've done the work, now enjoy the race!



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