

FREE 24-WEEK SWIM TRAINING PLAN FOR OLYMPIC DISTANCE

WEEKS 1-4		
SESSION A	SESSION B	SESSION C
Warm up 200m your choice of stroke 100m front crawl (FC) as 2x 25m long strokes 25m high elbows	Warm up 200m your choice of stroke 100m FC with pull buoy	Warm up 100m your choice of stroke 100m FC with pull buoy
Sub set 8x 25m alternating drill/full stroke with 10secs rest after each 25m	Sub set 4x 50m as 25m drill 25m FC 20secs rest after each 50m	Sub set 2x 100m as 25m FC 50m drill 25m FC 30secs rest after each 100m
Main set 4x 50m FC focus on good technique 20secs rest 4x 50m FC with pull buoy 20secs rest	Main set 100m FC focus on a good long stroke 30secs rest 2x 50m as 25m easy 25m moderate effort @ 50-60beats below your HRmax (bpm) with 20secs rest 100m FC hard effort @ 40bpm	Main set 200m FC focus on long strokes 30secs rest 2x 100m FC swim the second rep faster than the first while holding good technique 15secs rest
Warm down 100m easy swimming	Warm down 200m as 50m FC 50m kick 50m pull 50m FC	Warm down 200m as 50m FC 50m kick 50m pull 50m FC
Total 1000m	Total 1000m	Total 1000m

WEEKS 5-8		
SESSION D	SESSION E	SESSION F
Warm up 200m your choice of stroke	Warm up 100m your choice of stroke 200m FC with pull buoy	Warm up 100m your choice of stroke 2x 50m kick 100m pull with pull buoy
Sub set 4x 75m as 25m kick 25m drill 25m FC 20secs rest after each 75m	Sub set 4x 50m FC kick drill with fins 20secs rest 4x 25m drill 10secs rest	Sub set 4x 100m drill
Main set 200m FC (moderate to hard effort) 30secs rest 3x 100m as 100m FC (moderate effort) 100m FC with pull buoy 100m FC 20secs rest 50m FC easy focus on long strokes	Main set 200m FC swim every fourth length fast 30secs rest 200m pull with pull buoy focus on good technique and power	Main set 4x 100m FC descending reps (perform each 100m faster than the previous one) 20secs rest 200m FC moderate pace
Warm down 150m as 50m FC 50m drill 50m FC	Warm down 200m as 50m FC 50m kick 50m pull 50m FC	Warm down 4x 25m count your strokes and try to reduce the number on each rep 10secs rest 100m your choice of stroke
Total 1300m	Total 1200m	Total 1200m

WEEKS 9-12		
SESSION G	SESSION H	SESSION I
Warm up 200m swim gradually increasing your pace 4x 25m kick with board 10secs rest	Warm up 200m steady your choice of stroke 100m pull with pull buoy 2x 50m kick with kick board 20secs rest	Warm up 200m steady your choice of stroke
Sub set 4x 75m as 25m kick 25m drill 25m swim 25secs rest after each 75m	Sub set 4x 50m as 25m drill 25m FC 20secs rest	Sub set 8x 25m kick drill 15secs rest after each 25m
Main set 400m pull with buoy 30secs rest 300m FC as three lengths moderate pace 1length hard 30secs rest 200m FC moderate pace 30secs rest 100m FC fast 30secs rest afterwards	Main set 6x 100m FC descending on reps 1-4 moderate pace on reps 5-6 10secs rest 4x 150m FC increase your pace every 50m 20secs rest	Main set 400m FC moderate pace with good technique 30secs rest 4x 200m alternate between 200m pull with pull buoy and 200m FC moderate pace 15secs rest
Warm down 200m as 50m FC 50m kick 50m pull 50m FC	Warm down 200m easy your choice of stroke	Warm down 100m FC easy 4x 50m drill 10secs rest 100m FC easy
Total 1800m	Total 2000m	Total 2000m

WEEKS 13-16		
SESSION A	SESSION B	SESSION C
Warm up 200m your choice of stroke 2x 100m front crawl (FC) as 25m long strokes 25m high elbows x 2	Warm up 200m your choice of stroke 100m pull with pull buoy 100m kick	Warm up 100m your choice of stroke 100m pull with pull buoy 2x 50m kick 100m your choice of stroke
Sub set 4x 50m alternating 25m drill/full stroke with 15secs rest after each 50m	Sub set 4x 75m as 25m kick 25m drill 25m FC with 20secs rest after each 75m	Sub set 3x 100m as 25m FC 50m drill 25m FC with 30secs rest after each 100m
Main set 4x 100m focus on good technique 15secs rest after each 100m 100m FC easy pull with pull buoy 4x 100m focus on good technique 15secs rest after each 100m	Main set 400m FC long strokes at 30-40beats below your max heart rate (bpm) with 30secs rest 3x 200m FC 20-30bpm with 30secs rest 4x 100m FC 20-30bpm	Main set 6x 200m FC long strokes 20bpm with 20secs rest
Warm down 200m easy swim	Warm down 4x 50m as 50m swim 50m kick 50m pull and 50m swim	Warm down 200m your choice of stroke
Total 1700m	Total 2300m	Total 2000m

WEEKS 17-20		
SESSION D	SESSION E	SESSION F
Warm up 200m your choice of stroke 200m pull 2x 100m kick with 20secs rest	Warm up 100m your choice of stroke 200m pull with pull buoy Start slowly and gradually increase pace	Warm up 200m your choice of stroke 2x 100m kick 200m pull with pull buoy
Sub set 2x 75m as 25m kick 25m drill 25m FC with 20secs rest after each 75m	Sub set 4x 50m kick (with fins) with 20secs rest after each 50m 4x 25m drill with 10secs rest after each 25m	Sub set 4x 25m drill
Main set 800m FC moderate to hard effort (20-30bpm) with 30secs rest 50m easy your choice of stroke 8x 100m FC descend through reps 1-4 and 5-8 with 10secs rest after each 100m	Main set 400m as 200m pull 200m FC 2x 200m FC first 200m at 40bpm second 200m as fast as possible with 20secs rest	Main set 15x 100m as fast as possible with 10secs rest after each 100m Record total time for set (include rest and then deduct 10secs to get the total swim time)
Warm down 200m as 50m FC 50m drill 50m pull 50m FC	Warm down 200m as 50m FC 50m kick 50m pull 50m FC	Warm down 4x 25m FC with 10secs rest Count strokes and try to reduce on each rep 100m your choice of stroke
Total 2600m	Total 2400m	Total 2100m

WEEKS 21-24 (increasing speed for race preparation) Now is the time to start practising in open water		
SESSION G	SESSION H	SESSION I
Warm up 200m FC gradually increasing your pace 200m pull with pull buoy 2x 100m kick with fins	Warm up 200m your choice of stroke	Warm up 200m your choice of stroke
Sub set 4x 75m as 25m kick 25m drill 25m FC with 20secs rest after each 75m	Sub set 4x 150m as 100m pull 50m kick with 20secs rest	Sub set 15x 50m as 3x kick 3x pull with pull buoy 3drill and 3x FC with 15secs rest after each 50m
Main set 4x 200m swim each rep a little faster than the previous one with 20secs rest after each 200m 50m FC easy 400m FC as fast as possible	Main set 50m FC increasing pace every 50m with 20secs rest Warm down 4x 50m as 25m drill 25m FC with 20secs rest 200m your choice of stroke	Main set 15x 100m FC descend through reps 1-4, 5-8 and 9-12 so reps 4, 8 and 12 are at max effort 15secs rest after each 100m
Warm down 200m as 50m FC 50m kick 50m pull 50m FC	Warm down 200m your choice of stroke	Speed set 4x 25m as fast as possible with 15secs rest after each 25m
Total 2350m	Total 2100m	Warm down 4x 25m as 50m drill 50m FC with 10secs rest after 50m 100m FC easy Total 2400m