



Week 1
Session no.1

Duration
60 Minutes

Session Aim: A1 - base aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
200	1	Fc	n/a	A1	Swim easy working on technique from the first stroke	200
25	6	Underwater	30	A1	Kick *underwater as far as you can, swim the remainder of the length Fc	150
25	12	Fc Kick	30	SPEED	Swim in blocks of 4 and descend (each one gets faster in a block)	300
50	8	Fc	20	A1	Easy swim with great technique. consistent stroke count (SC) on each length	400
25	8	Fc	20	A1	As above	200
50	6	Underwater	20	A1	As above	300
150	1	Choice	n/a	A1	Swim down nice and easy	150
Total						1700

*See glossary and video library for explanation of terms.



Alan's Top Tip

This session is for you to try out loads of different areas. Remember how each different element feels. Give yourself a mark out of 10 at the end of the session.



Week 1
Session no.2

Duration
60 Minutes

Session Aim: A1 - base aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
100	6	Mixed	20	A1	50m Fc / 15m underwater / 35m Bk	600
25	6	Fc	40	SPEED	10m max effort / 15m easy	150
200	1	Fc Kick	n/a	TEST SET	Max effort. Record your time	200
300	2	Fc	30	A1	1. Maintain consistent stroke count (SC) throughout swim 2. Descend 100's 1 to 3 ie. the last 100m should be faster than the first. Increase speed by a minimum of 2 sec per 100m	600
150	1	Bk/Fc	n/a	A1	Alternate 25m's on each stroke. Steady warm down	150
Total						1700

See glossary and video library for explanation of terms.



Alan's Top Tip

Learn to make counting strokes a regular thing in all of your swimming. Consistent stroke count (SC) is the aim of great swimming.



Week 1
Session no.3

Duration
60 Minutes

Session Aim: A1 - base aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
400	1	Fc/Bk	n/a	A1	75m Fc / 25m Bk	400
25	6	Fc Kick	30	SPEED	Max effort Fc Kick	150
400	1	Fc	n/a	A2 TEST SET	Try to maintain consistent SC and split times for each 100m	400
200	2	Fc	30	A1	To include 40m underwater somewhere within the 200m eg. you could do 10m underwater on 4 of the 8 lengths of each 200m	400
200	2	Fc	30	A1	50m Swim/ Kick / Drill / Swim (see drill sheet for ideas)	400
Total						1750

See glossary and video library for explanation of terms.



Alan's Top Tip

Make sure you give the test your all. It'll be tough but a great gauge for you to develop from. Keep your stroke as consistent as possible – good luck.