



Week 2
Session no.4

Duration
60 Minutes

Session Aim: A1 - base aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
100	6	Fc	30	A1	50m Fc , 25m underwater, 25m Fc	600
50	6	Fc	30	SPEED	15m max effort / 35m easy	300
100	1	Fc	20	A2	Strong pace (80% effort)	100
150	1	Fc	25		Aim is to work your CV system and to maintain a consistent SC throughout the whole set.	150
200	1	Fc	30		Complete the set twice	200
50	4	Fc/Bk	20	A1	25m Bk / 25m Fc	200
Total						2000

See glossary and video library for explanation of terms.



Alan's Top Tip

Start honing your technique so it feels grooved and consistent. Feel the water at the front of the stroke and power developing at the end of the stroke.



Week 2
Session no.5

Duration
60 Minutes

Session Aim: A2 - aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
100	5	Fc	20	A1	Swim each 100m as: 25m swim, 25m kick, 25m swim, 25m kick	500
50	12	Fc	20	SPEED	15m underwater *Powerkick 35m easy Fc, great technique	600
100	6	Fc	20	A2	Descend effort 1 to 3 and 4 to 6 Make sure your effort increases from 70% > 80% > 85% across swims for each set of 3 x 100s Aim is to try and maintain a consistent SC as effort and speed increases across the set. (note: Your SC will probably rise, focus on retaining control of the stroke length)	600
300	1	Choice	n/a	A1	Swim the 300m as 100m Swim, 100m Kick, 100m Swim	300
Total						2000

* See glossary and video library for explanation of terms.



Alan's Top Tip

Descending is a great way to really feel your stroke. Apply pressure at the end of the power phase for more speed.



Week 2
Session no.6

Duration
60 Minutes

Session Aim: A2 - aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
400	1	Fc	n/a	A1	75m Fc/25m Bk (repeat)	400
50	6	Fc	30	SPEED	Swim each 50m as: 15m max effort no breath 35m really easy - great technique	300
100	1	Fc	30	A2	Strong swim all way through set at a pace equivalent to a fast jog Try to maintain constant SC	100
200	1	Fc	30			200
300	1	Fc	30			300
300	1	Fc	30			300
200	1	Fc	30			200
100	1	Fc	n/a			100
200	1	Choice	n/a	A1	Your choice swim down	200
Total						2100

* See glossary and video library for explanation of terms.



Alan's Top Tip

Concentrate on consistency of stroke. Work on keeping the palm of the hand facing your toes throughout the underwater phase of the stroke.