



Week 3
Session no.7

Duration
60 Minutes

Session Aim: A2 - aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
100	5	Mixed	20	A1	Each 100m swam as: 75m Fc, 25m Non Fc	500
25	8	Fc	30	SPEED	Build each 25m from 70% to 100%	200
100	2	Fc	20	A2	Strong Pace (80% effort)	200
50	4	Fc Kick	20		Descend 1 to 4 (last 50m at 90% effort)	200
100	3	Fc	20		Strong Pace	300
50	4	Fc Kick	20		Descend 1 to 4	200
100	4	Fc	20		Strong Pace	400
50	4	Fc Kick	20		Descend 1 to 4	200
300	1	Choice	n/a	A1	Your choice of stroke	300
Total						2500

See glossary and video library for explanation of terms.



Alan's Top Tip

Make sure your ankles and hips are loose during the kick. When you speed up keep your kick shallow and fast.



Week 3
Session no.8

Duration
60 Minutes

Session Aim: A2 - aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
600	1	Fc/Bk	n/a	A1	Swam as: 75m Fc, 25m Bk, 25m underwater 25m Fc breathing every 3 - and repeat	600
25	10	Fc	30	SPEED	12.5m max 12.5m easy	250
100	5	Fc	15	A2	Controlled swim - consistent SC	500
100	5	Fc	20		Breath every 3 strokes - consistent SC	500
100	5	Fc	25		Breath every 5 strokes - consistent SC	500
150	1	Choice	n/a	A1	Your choice of stroke	150
Total						2500

See glossary and video library for explanation of terms.



Alan's Top Tip

Keep your breathing relaxed through your jaw and shoulders. Hold your breath and exhale just before you turn your head to breath.



Week 3
Session no.9

Duration
60 Minutes

Session Aim: T - threshold

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
150	4	Mixed	20	A1	100m Fc, 50m bk 100m Fc, 50m Fc kick 100m Fc, 50 Fc drill (catch up) 100m Fc, 50 Fc breath every 5 strokes	600
50	8	Fc	30	SPEED	Descend 1 to 4 & 5 to 8 only descend the 1st 25 of each 50 the 2nd 25 steady breath every 3 ie. swim 1 & 5 70%, swim 2 & 6 80% swim 3 & 7 90% swim 4 & 8 100%	400
100	12	Fc	30	T	Hold fastest average time This will be a tough set. Don't start too quickly. Aim for 85% all way through	1200
200	1	Choice	n/a	A1	Your choice of stroke	200
Total						2400

See glossary and video library for explanation of terms.



Alan's Top Tip

Concentrate on consistent stroke length. When it gets tough use stroke counting to monitor and maintain your stroke.