



**Week 4**  
Session no.10

Duration  
60 Minutes

## Session Aim: T - threshold

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
100	5	Mixed	30	A1	Swam as: 50m Fc (rest 5secs), 25m underwater, 25m choice stroke	500
75	6	Fc	20	SPEED	Odds - 15m max effort, 60m easy Evens - 60m easy, 15m max effort	450
300	1	Fc	30	T	Build pace through 300 at each 100m 70%, 80%, 90%	300
50	4	Fc Kick	20	A2	Strong pace (80% effort)  Rest additional 60 secs - Repeat set	200
200	1	Fc	n/a	A1	Swim easy. Breath every 3 strokes	200
<b>Total</b>						<b>2150</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

Make sure during the swim you do not let your head drop. Aim to look down and slightly forward. Keep your head it still and in a consistent place when you speed up.



**Week 4**  
Session no.11

Duration  
60 Minutes

## Session Aim: A2 - aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
500	1	Fc	n/a	A1	100m swim, 100m kick, 100m drill, 100m kick, 100m swim	500
25	8	Fc Kick	20	SPEED	Max effort	200
50	4	Fc	15	A2	Strong constant pace (80% effort)	200
100	1	Fc	20		Build pace through swim 70% to 80%	100
50	4	Fc	15		Strong constant pace (as above)	200
100	2	Fc	20		Build pace through (as above)	200
50	4	Fc	15		Strong constant pace (as above)	200
100	3	Fc	20		Build pace through (as above)	300
300	1	Bk/Fc	n/a	A1	Swam as: 25m swim, 25m kick, 25m drill, 25m swim (repeat). Alternate every 100m between Bk & Fc	300
<b>Total</b>						<b>2200</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

During the build work, make sure the back end of the power phase (pull) is positive. Hand speed should acceleration from initial catch all the way through to the exit.





**Week 4**  
Session no.12

Duration  
60 Minutes

## Session Aim: Sp - speed

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
200	2	Fc	20	A1	150m swim / 50m kick	400
25	10	Fc	30	SPEED	Underwater Powerkick. Go as far as you can go with 1 breath, swim rest of length easy Fc (full stroke)	250
100	3	Fc	20	SPEED	First 25m of each 100m max effort remaining 75m breath every 3 strokes and maintain great technique	300
100	1	Choice	15	A1	Easy swim	100
100	4	Fc	20	SPEED	25m (max) 75m (controlled) As above	400
100	1	Choice	15	A1	Easy swim	100
100	5	Fc	20	SPEED	25m (max) 75m (controlled) As above	500
150	1	Choice	n/a	A1	Swim as far as you need to get rid of any lactate in your system	150
<b>Total</b>						<b>2200</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

Make sure your legs are the rhythm setters for the arms on the sprints. Keep the stroke long, make the legs fast.