



**Week 5**  
Session no.13

Duration  
60 Minutes

## Session Aim: A2 - aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
200	2	Mixed	20	A1	100m Fc swim / 50m kick / 50m Bk	400
25	4	Fc	40	SPEED	Max effort	100
100	1	Choice	30		Easy swim	100
25	2	Fc	40		Max effort	50
100	1	Choice	n/a		Easy swim	100
500	1	Fc	30	A2	Fc Swim - constant SC throughout	500
400	1	Fc	30		Fc Kick - steady	400
300	1	Fc	30		Fc Swim - breath every 3, constant SC	300
200	1	Fc	30		Fc Kick - steady	200
100	1	Fc	n/a		Fc Swim - breath every 5, constant SC	100
300	1	Choice	n/a	A1	Easy choice swim down to include 25m underwater	300
<b>Total</b>						<b>2550</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

Keep your elbow high during the power face with fingertips pointing towards the bottom of the pool.



**Week 5**  
Session no.14

Duration  
60 Minutes

## Session Aim: T - threshold

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
100	6	Mixed	30	A1	50m Fc / 25m underwater / 25m choice (take 5sec rest before u/w length)	600
25	16	Fc	20	SPEED	Desc 1 to 4 (60,70,80,90% effort) same for swims 5 to 8; 9 to 12; 13 to 16 (increase speed through leg kick)	400
50	2	Fc	20	T	Max effort	100
100	1	Choice	30	A1	Easy swim	100
Complete this set 5 times (i.e. should do 10 x 50m in total)						
200	1	Choice	n/a	A1	Swim a minimum 200m easy	200
<b>Total</b>						<b>2200</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

Work on streamlining off each start. Squeeze the head between the arms and really work the legs. Speed up here and you can carry it through to a faster swim.



**Week 5**  
Session no.15

Duration  
60 Minutes

## Session Aim: SP- speed

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
500	1	Fc	n/a	A1	100m swim, 100m kick, 100m swim, 100m kick, 100m kick	500
25	8	Fc	40	SPEED	15m underwater Powerkick, 10m easy swim	200
100	3	Fc	20	A2	50m drill / 25m easy swim / 25m sprint	300
150	1		30	A1	Steady Kick	150
100	3		30	A2	25m sprint / 50 drill / 25m easy swim	300
150	1		30	A1	Steady Kick	150
100	3		30	A2	25m easy swim / 25m sprint/ 50 drill	300
200	1	Fc	n/a	A1	50m swim, 25m drill, 50m swim, 25m drill, 50m swim	200
<b>Total</b>						<b>2100</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

Make your drill specific to your strokes need. I would concentrate on catch-up and finger tip drag to work on Stroke Length and shoulder rotation.