



**Week 6**  
Session no.16

Duration  
60 Minutes

## Session Aim: A2 - aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
200	4	Fc	20	A1	50m swim, 50m kick, 50m drill, 50m swim	800
25	6	Fc Kick	20	SPEED	Desc 1 to 3 as easy / strong / max	150
300	4	Fc	40	A2	Reps 1 & 2 1st 100m breath every 2 strokes 2nd 100m breath every 3 strokes 3rd 100m breath every 4 strokes  Reps 3 & 4 1st 100m breath every 3 strokes 2nd 100m breath every 5 strokes 3rd 100m breath every 7 strokes	1200
300	1	Choice	n/a	A1	Choice swim to include 100m kick	300
<b>Total</b>						<b>2450</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

Use breathing patterns to work on your technique. Play around with the timing of when you breath in the stroke – you may surprise yourself!



**Week 6**  
Session no.17

Duration  
60 Minutes

## Session Aim: SP - speed

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
100	6	Mixed	30	A1	50m Fc / 25m underwater / 25m choice	600
400	2	Fc	30	A2	Breath every 3 strokes. Maintain consistent SC	800
25	1	Fc	20	SPEED	Kick - max effort	25
100	1		20	A1	Swim - easy	100
50	1		20	SPEED	Kick - max effort	50
100	1		20	A1	Swim - easy	100
75	1		20	SPEED	Kick - max effort	75
100	1		20	A1	Swim - easy	100
100	1		20	SPEED	Kick - max effort	100
100	1		n/a	A1	Swim - easy	100
250	1	Choice	n/a	A1	Easy swim down	250
<b>Total</b>						<b>2300</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

Imagine you are kicking a football around 30cm below the surface of the water. Don't be tempted to kick deep to speed up, keep your kicks shallow but fast.





**Week 6**  
Session no.18

Duration  
60 Minutes

## Session Aim: T - threshold

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
400	1	Fc	n/a	A1	Alternate 1 swim 1 drill	400
50	8	Fc	20	SPEED	12.5m max effort, 37.5m easy	400
100	12	Fc	20	T	4 x 100 kick - desc 1 to 4 4 x 100 swim - desc 1 to 4 4 x 100 kick - desc 1 to 4  1st 100m 60% effort 2nd 100m 70% effort 3rd 100m 80% effort 4th 100m 90% effort	1200
250	2	Choice	30	A1	50m swim, 50m kick, 50m swim, 50m drill, 50m swim	500
<b>Total</b>						<b>2500</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

Throughout all build work keep your stroke count consistent. Apply more pressure and ensure you accelerate the hand right through to the back end of the underwater phase.