



Week 7
Session no.19

Duration
60 Minutes

Session Aim: SP - speed

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
100	10	Mixed	30	A1	Alternate 1 swim 1 drill	1000
25	4	Fc	20	SPEED	Max effort	100
100	1		20	A1	Swim - easy	100
25	3		20	SPEED	Max effort	75
100	1		20	A1	Swim - easy	100
25	2		20	SPEED	Max effort	50
100	1		20	A1	Swim - easy	100
25	1		20	SPEED	Max effort	25
100	1		20	A1	Swim - easy	100
25	2		20	SPEED	Max effort	50
100	1		20	A1	Swim - easy	100
25	3		20	SPEED	Max effort	75
100	1		20	A1	Swim - easy	100
25	4		20	SPEED	Max effort	100
300	1	Choice	n/a	A1	Easy choice swim down	300
Total						2375

See glossary and video library for explanation of terms.



Alan's Top Tip

Make sure easy swim is technically brilliant. Perfect practice makes perfect – take every opportunity to be perfect.



Week 7
Session no.20

Duration
60 Minutes

Session Aim: T - threshold

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
400	1	Mixed	n/a	A1	Steady swim	400
25	12	Fc kick	30	SPEED	Alternate 1 max effort, 1 easy	300
100	2	Fc	30	T	Maintain constant SC	200
100	1		30	A1	Easy swim	100
100	2		30	T	Maintain constant SC	200
100	1		30	A1	Easy swim	100
100	2		30	T	Maintain constant SC	200
100	1		30	A1	Easy swim	100
100	2		30	T	Maintain constant SC	200
400	1		Choice	n/a	A1	Easy choice swim down
Total						2300

See glossary and video library for explanation of terms.



Alan's Top Tip

Use streamlining off the walls to generate pace, maintain it for as long as you can each length.



Week 7
Session no.21

Duration
60 Minutes

Session Aim: A2 - aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
400	1	Fc	n/a	A1	200m swim / 100m drill / 100m swim	400
25	12	Fc kick	20	SPEED	Alternate 1 max effort / 1 easy	300
100	12	Fc	30	A2	2 x 100m easy / 1 x 100m strong (90%) 4 times through	1200
200	1	Choice	n/a	A1	Easy choice swim down	200
Total						2100

See glossary and video library for explanation of terms.



Alan's Top Tip

Keep the hips and ankles loose and flexible, work on fast and shallow feet and maintain your rhythm at all times.