



**Week 8**  
Session no.22

Duration  
60 Minutes

## Session Aim: A2 - aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
300	2	Fc	30	A1	100m swim, 100m kick, 100m swim	600
25	8	Fc	30	SPEED	15m max effort, 10m easy swim	200
300	1	Fc	30	A2	Easy swim working on technique	300
50	5	Fc	20		Desc 1 to 4 (to about 90% effort)	250
300	1	Fc	n/a	A2	Easy swim working on technique	300
50	6	Fc	40	A1	25m underwater / 25m swim Underwater is the main theme so concentrate on achieving as far as you can each 25m	300
<b>Total</b>						<b>1950</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

Speed in the water comes through relaxed power. Relax through the shoulder and jaw but keep that core tight – speed is fun.



**Week 8**  
Session no.23

Duration  
60 Minutes

## Session Aim: A1 - base aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
100	6	Mixed	20	A1	50m Fc / 15m underwater / 35m Bk	600
25	6	Fc	40	SPEED	10m max effort / 15m easy	150
200	1	Fc Kick	n/a	TEST SET	Max effort. Record your time	200
300	2	Fc	30	A1	1. Maintain consistent stroke count (SC) throughout swim 2. Descend 100's 1 to 3 ie. the last 100m should be faster than the first. Increase speed by a minimum of 2 sec per 100m	600
150	1	Bk/Fc	n/a	A1	Alternate 25m's on each stroke. Steady warm down	150
<b>Total</b>						<b>1700</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

Learn to make counting strokes a regular thing in all of your swimming. Consistent stroke count (SC) is the aim of great swimming.





**Week 8**  
Session no.24

Duration  
60 Minutes

## Session Aim: A1 - base aerobic work

Distance	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
400	1	Fc/Bk	n/a	A1	75m Fc / 25m Bk	400
25	6	Fc Kick	30	SPEED	Max effort Fc Kick	150
400	1	Fc	n/a	A2 TEST SET	Try to maintain consistent SC and split times for each 100m	400
200	2	Fc	30	A1	To include 40m underwater somewhere within the 200m eg. you could do 10m underwater on 4 of the 8 lengths of each 200m	400
200	2	Fc	30	A1	50m Swim/ Kick / Drill / Swim (see drill sheet for ideas)	400
<b>Total</b>						<b>1750</b>

See glossary and video library for explanation of terms.



### Alan's Top Tip

Make sure you give the test your all. It'll be tough but a great gauge for you to develop from. Keep your stroke as consistent as possible – good luck .