

Sample Training Session #1 (25m pool)

Warm up	Choice of stroke – 300m	
Drills	3 x 100m fins on, freestyle kick front snorkel optional, alternate lead arm each lap. 3 x 50m fins on, dolphin kick, front snorkel optional	
Main Set	6 x 200m freestyle, 2nd, 4th & 6 th 200m with pull buoys, 1st, 3rd & 5 th 200m without. 30sec rests. Concentrate on long pull and shoulder roll. 4 x 100m freestyle, 75% effort with full sprints on last 25 of 1st 100m, third 25m of the second 100m, second 25m of third 100m, and first 25m of last 100m. 30 sec rests. 50m recovery 2 x 100m choice of form stroke. 30sec rests 4 x 50m form stroke, easy first 25, sprint last 25. 30sec rests.	
Recovery	Swim down 200m	
	Total	3 000m

Sample Training Session #2 (50m pool)

Warm up 200m swim ; 200m pull with pull buoy; 100m individual medley (500m)

Drills 3 x 50m freestyle (50m. Kick; 50m Drill; 50m. Swim)
3 x 50m form stroke (50m. Kick; 50m Drill; 50m. Swim)

Main Set 3 x 100m freestyle on 2m10s

100m individual medley on 2m30s

2 x 200m freestyle on 4m00sec

100m individual medley on 2m30s

400m freestyle

Recovery Choice of stroke (200m)

Total **2 300m**

Sample Training Session #3 (50m pool)

Warm up Choice of stroke (300)m

Drills 2 x 100m freestyle finger drag with fins

2 x 50m backstroke 3, 3, 3 with fins

1 x 100m freestyle three-quarter catch with fins

2 x 100m freestyle kick only with fins

2 x 50m breaststroke fists only no fins

Main Set 25m butterfly, 75m backstroke, 75m breaststroke, 75m freestyle.

50m recovery

25m butterfly, 75m backstroke, 75m breaststroke, 75m freestyle.

50m recovery

Pyramid (freestyle)

- 1 x 50m 5 seconds rest
- 1 x 100m 10 seconds rest
- 1 x 200m 20 seconds rest
- 1 x 300m 30 seconds rest
- 1 x 200m 20 seconds rest
- 1 x 100m 10 seconds rest

50m recovery

6 x 50m sprints – fins optional

Recovery Choice of stroke (200m)

Total

3000m

Sample Training Session #4 (25m pool)

Warm up Choice of stroke (200)m

Drills

2 x 100m freestyle 3, 3, 3 with fins and pull buoy

2 x 100m backstroke 3, 3, 3 with fins and pull buoy

2 x 100m freestyle kick only with fins

2 x 100m breaststroke kick, kick, pull for 50m; pull, pull, kick for 50m

2 x 50m 25m butterfly, 25m backstroke

4 x 50m 25m breaststroke, 25m freestyle

Main Set

25m butterfly, 50m backstroke, 75m breaststroke, 150m freestyle (30 second rest)

4 x 100m kick hard for the first 25m

50m recovery (form stroke)

2 x 100m medley

50m recovery (form stroke)

8 x 50m freestyle sprints

Recovery

1 x 100m choice at 50% effort

1 x 100m walk and swim

Total

2 650