

# WildSwim.ie

## Week 1 - technique

Warm up - 3 x 100m R15s

Main Set -

3 x 50m as 25 Long Dog Paddle/25 swim

3 x 100m R20s

3 x 50m as 25 balance drill/25 swim

3 x 150m R20s

3 x 50m as 25 drill/25 swim

3 x 100m - last 25 strong R20s

Cooldown - 200m easy choice swim

total 2000m

## Week 2 - building endurance

Warm up - 3 x 150m mix strokes R15s

Main Set -

alternate 100m pull with 100m swim R30s

4 x 25 kick R15s

Repeat

4 x 50m fast R15s

1 x 100m easy swim R60s - repeat x 3

Cooldown - 150m mix strokes

total 2100m

## Week 3 - holding technique

Warm up - 2 x 200m good technique R20s

Main Set -

2 x 100m as pull/swim R15s

2 x 50m fast R30s

2 x 200m steady R30s

2 x 50m as 25 drill/25 swim

3 x 150m steady R20s

2 x 50m as 25 drill/25 swim

Cooldown - 250m easy choice swim

total 2000m

## Set 2 - endurance

Warm up - 4 x 100m R15s

Main Set

4 x 75 - alt fast/steady R15s

3 x 200m steady R30s

4 x 75 alt fast/steady R30s

2 x 200m steady R30s

4 x 25 fast R15s

1 x 200m steady

Cooldown - 4 x 50 choice drill/swim

total 2500m

## Set 2 - holding pace

Warm up - 3 x 150m R15s

Main Set

5 x 100m steady R20s

1 x 50m easy R30s

4 x 50m fast R20s

repeat set

Cooldown - 250m choice - very easy swim

total 2200m

## Set 2 - critical endurance

Warm up - 4 x 100m R20s

Main Set

6 x 25m fast R15s

3 x 100m build speed R20s

1 x 50m easy R30s

Repeat set x 3

6 x 50m fast R30s

Cooldown - 300m choice easy

total 2500m

Easy = 3/10 effort level

Steady = 6/10 effort level

Fast = 8/10 effort level

R = rest between each repeat in seconds or minutes

Warm-ups and Cooldowns should be done at easy pace and with good technique...

[www.wildswim.ie](http://www.wildswim.ie)