

WildSwim.ie

Warm up 1

focus: steady breathing + good body position

@ steady pace

4 x 50m no 1 stroke R20s

100m

Warm up 2

focus: good technique + breath control

@ steady pace

200m steady swim no 1 stroke R30s

2 x 50 drill/swim each 25m R15s

Warm up 3

focus: good technique @ higher speed

2 x 100m steady R20s

4 x 25 fast R15s

Main Set 1: Developing Speed

4 x 25 fast R15s

50 easy recovery swim

2 x 25 fast R20s

50 easy recovery swim

2 x 50 fast R30s

50 easy recovery swim

100 steady pace holding good technique

Main set 2: Endurance

5 - 7 x 100 @ steady pace R20s

try to hold good technique throughout

Main set 3: Technique

50 steady pace

2 x drill 25/swim 25 - R20s

long dog paddle for FC drill

50 steady swim - R15s

2 x 50 as fast/easy - R30s

50 steady swim - R15s

2 x drill 25/swim 25 - R20s

choice of drill

Cooldown 1

2 x 100 easy swim - any stroke

Cooldown 2

4 x 50 very easy - mix strokes

Cooldown 3

200 easy swim - alternating strokes

Easy = 3/10 effort level

Steady = 6/10 effort level

Fast = 8/10 effort level

R = rest between each repeat in seconds or minutes

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