

WildSwim.ie

Week 1 - holding technique

Warm up - 5 x 50m good technique

Main Set - steady pace R45s

1 x 100

2 x 50 as 25drill/25swim

2 x 100

2 x 50 as 25drill/25swim

2 x 150

2 x 50 as 25drill/25swim

Cooldown - 100m easy choice swim

total 1200m

Week 2 - building endurance

Warm up - 3 x 100m mix strokes R15s

Main Set -

alternate 100m pull with 2 x 25 kick ...repeat

3 x 50m steady R20s

1 x 100m easy swim R60s - repeat x 3

Cooldown - last 100 above

total 1350m

Week 3 - holding technique

Warm up - 2 x 200m good technique

Main Set - steady pace R30s

2 x 100

2 x 50 as 25drill/25swim

1 x 200

2 x 50 as 25drill/25swim

1 x 150

2 x 50 as 25drill/25swim

Cooldown - 200m easy choice swim

total 1600m

Set 2 - endurance

Warm up - 2 x 100m choice R30s

Main Set

4 x 50 R30s

2 x 100m R45s

4 x 75 R20s

4 x 25 R30s

Cooldown - 4 x 50 choice drill/swim

total 1200m

Set 2 - learning to pace

Warm up - 2 x 150m - choice

Main Set

2 x 100m steady R30s

1 x 50m easy R30s

200m steady R60s

repeat set

Cooldown - 100m choice - very easy swim

total 1300m

Set 2 - critical endurance

Warm up - 3 x 100m R20s

Main Set

6 x 25 fast R15s

1 x 50 easy R15s

3 x 50 fast R30s

1 x 100 easy R15s

6 x 25 fast R30s

3 x 50 as 25fast/25easy R30s

Cooldown - 100m choices easy

total 1200

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...