

# SWIM SESSION 5



**Session Focus/Goal/Challenge:** Increasing strong efforts help you to tolerate lactic acid buildup

**LEVEL 1**     **Distance:**  
25m Pool = 1950m  
33m Pool = 2166m  
50m Pool = 2100m

**Warm Up:**  
200m easy free  
(2 x) ½ length scull, ½ length swim  
(2 x) 1 length build to sprint + 1 length easy freestyle

**Main:** *(NB 30sec rest between each set)*

200m steady freestyle  
3x50m (3 easy), rest 20sec – 3x66m if 33m pool  
200m steady freestyle  
3x50m (2 easy+ 1 strong), rest 20sec – 3x66m if 33m pool  
200m steady, mix free/back/breaststroke  
3x50m (1 easy + 2 strong), rest 20sec – 3x66m if 33m pool  
200m steady freestyle  
3x50m (3 strong), rest 20sec – 3x66m if 33m pool

**Warm Down:**  
200m easy loosen

**LEVEL 2**     **Distance:**  
25m Pool = 2950m  
33m Pool = 2966m  
50m Pool = 3100m

**Warm Up:**  
200m easy freestyle swim  
(2 x) ½ length scull, ½ length swim  
(2 x) 1 length build to sprint + 1 length easy freestyle

**Main:** *(NB 30sec rest between each set)*

400m steady freestyle  
4x50m (3 steady + 1 strong), rest 20sec – 3x66m if 33m pool  
400m steady freestyle, pull buoy  
4x50m (2 steady + 2 strong), rest 20sec – 3x66m if 33m pool  
400m steady, mix free/back/breaststroke  
4x50m (1 steady + 3 strong), rest 20sec – 3x66m if 33m pool  
400m steady freestyle, pull buoy and paddles  
4x50m (4 strong), rest 20sec – 3x66m if 33m pool

**Warm Down:**  
200m easy loosen

**LEVEL 3**     **Distance:**  
25m Pool = 3550m  
33m Pool = 3566m  
50m Pool = 3500m

**Warm Up:**  
2 x (200m easy free + 100m easy backstroke)  
(2 x) ½ length scull, ½ length swim  
(2 x) 1 length build to sprint + 1 length easy freestyle

**Main:** *(NB 30sec rest between each set)*

400m steady freestyle  
4x50m (3 steady + 1 strong), rest 20sec – 3x66m if 33m pool  
400m steady freestyle, pull buoy  
4x50m (2 steady + 2 strong), rest 20sec – 3x66m if 33m pool  
400m steady, mix free/back/breaststroke  
4x50m (1 steady + 3 strong), rest 20sec – 3x66m if 33m pool  
400m steady freestyle, pull buoy and paddles  
4x50m (4 strong), rest 20sec – 3x66m if 33m pool

**Warm Down:**  
400m easy loosen – 200m if 50m pool