

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