

SWIM SESSION 7

Session Focus/Goal/Challenge: Ladder intervals get shorter but the pace gets faster. Negative split means the 2nd half is faster than the first

LEVEL 1 **Distance:**
25m Pool = 1950m
33m Pool = 2000m
50m Pool = 2100m

Warm Up:
200m easy freestyle swim
4 x 1 length backstroke+ 1 length breaststroke (2x if 33 or 50m pool)
2 lengths trickle drill
2 lengths catch-up drill

Main: (NB 1min rest between each set)
300m + 200m + 100m, moderate pace, rest 20sec
200m + 100m, negative split, rest 25sec
(1 lap easy to other end if 33m pool)
100m strong, rest 30sec
50m fast, rest 30sec (66m if 33m pool)
(1 lap easy to other end if 33m or 50m pool)
300m Pull buoy and Paddles
(1 lap easy to other end if 33m pool)

Warm Down:
100m easy Double arm backstroke (66m if 33m pool)

LEVEL 2 **Distance:**
25m Pool = 3100m
33m Pool = 3200m
50m Pool = 3200m

Warm Up:
200m easy freestyle swim
4 x 1 length backstroke+ 1 length breaststroke (2x if 50m pool)
2 lengths trickle drill
2 lengths catch-up drill

Main: (NB 1min rest between each set)
400m + 300m + 200m + 100m, moderate pace, rest 20sec
300m + 200m + 100m, negative split, rest 25sec
(1 lap easy to other end if 33m pool)
200m strong, rest 30sec
100m fast, rest 30sec
(1 lap easy to other end if 33m pool)
600m Pull buoy and Paddles

Warm Down:
100m easy Double arm backstroke (66m if 33m pool)

LEVEL 3 **Distance:**
25m Pool = 3900m
33m Pool = 3833m
50m Pool = 4000m

Warm Up:
400m easy freestyle swim
4 x 1 length backstroke+ 1 length breaststroke (2x if 33m or 50m pool)
2 lengths trickle drill
2 lengths catch-up drill

Main: (NB 1min rest between each set)
400m + 300m + 200m + 100m, moderate pace, rest 20sec
400m + 300m + 200m + 100m, negative split, rest 25sec
200m strong, rest 30sec
100m fast, rest 30sec
(1 lap easy to other end if 33m pool)
800m Pull buoy and Paddles

Warm Down:
100m easy Double arm backstroke (66m if 33m pool)