

SWIM SESSION 3

Session Focus/Goal/Challenge: Control your breathing and maintain a symmetrical stroke

LEVEL 1 **Distance:**
25m Pool = 2000m
33m Pool = 2100m
50m Pool = 2200m

Warm Up:
200m easy mix of strokes
4 lengths trickle drill, r5
4 lengths breath every side, r5

Main: (NB 1 min rest between each set)
200m side lying kicking with fins (rotate head to breath, change sides each half length)
4x100m easy swim (breathe every 2, 3, 4, 5 strokes, changing each 25m. If in 33m pool breath every 3, 4, 5 strokes per 33m), r15–20
4x25m, 4x33m or 2x50m swim maximum DPS, r10
4x100m easy swim pull buoy and paddles (breathe every 2, 3, 4, 5 strokes, changing each 25m. If in 33m pool breath every 3, 4, 5 strokes per 33m), r15–20
4x25m, 4x33m or 2x50m swim pull buoy and paddles, maximum DPS, r10
200m swim fins and paddles, breathe every 3 strokes

Warm Down:
200m easy loosen

LEVEL 2 **Distance:**
25m Pool = 2800m
33m Pool = 2700m
50m Pool = 3000m

Warm Up:
400m easy mix of strokes
4 lengths trickle drill, r5
4 lengths breath every side, r5

Main: (NB 1 min rest between each set)
400m side lying kicking with fins (rotate head to breath, change sides each half length)
4x100m easy swim (breathe every 2, 3, 4, 5 strokes, changing each 25m. If in 33m pool breath every 3, 4, 5 strokes per 33m), r15–20
8x25m, 6x33m or 4x50m swim maximum DPS, r10
4x100m easy swim pull buoy and paddles (breathe every 2, 3, 4, 5 strokes, changing each 25m. If in 33m pool breath every 3, 4, 5 strokes per 33m), r15–20
8x25m, 6x33m or 4x50m swim pull buoy and paddles, maximum DPS, r10
400m swim fins and paddles, breathe every 3 strokes

Warm Down:
200m easy loosen

LEVEL 3 **Distance:**
25m Pool = 3800m
33m Pool = 3833m
50m Pool = 4000m

Warm Up:
400m easy fr
200m mix bk/br
4 lengths trickle drill, r5
4 lengths breath every side, r5

Main: (NB 1 min rest between each set)
400m side lying kicking with fins (rotate head to breath, change sides each half length)
4x100m easy swim (breathe every 2, 3, 4, 5 strokes, changing each 25m. If in 33m pool breath every 3, 4, 5 strokes per 33m), r15–20
8x25m, 6x33m or 4x50m swim maximum DPS, r10
4x100m easy swim pull buoy and paddles (breathe every 2, 3, 4, 5 strokes, changing each 25m. If in 33m pool breath every 3, 4, 5 strokes per 33m), r15–20
8x25m, 6x33m or 4x50m swim pull buoy and paddles, maximum DPS, r10
800m swim fins and paddles, breathe every 3 strokes
4x100m medley, r15. 25m of each stroke, or 4x133m with 33m of each stroke if in 33m pool

Warm Down:
200m easy loosen