

# SWIM SESSION 8

**Session Focus/Goal/Challenge:** Building the load on your arms as the session goes on.

## LEVEL 1

### Distance:

25m Pool = 2000m

33m Pool = 2000m

50m Pool = 2000m

### Warmup:

100m easy free

100m mixed back and breaststroke

4 x ½ lap scull ½ lap swim + 1 lap build to sprint

2 x if 50m pool

### Main:

2x200m rest 20sec #2 with pull and paddles

100m easy backstroke rest 20sec, 2 lengths in 33m pool

2x200m rest 30sec #2 with pull and paddles

100m easy backstroke rest 20sec, 2 lengths in 33m pool

2x200m rest 40sec #2 with pull and paddles

100m easy backstroke rest 20sec, 2 lengths in 33m pool

### Warm Down:

100m easy loosen (133m if 33m pool)

## LEVEL 2

### Distance:

25m Pool = 2800m

33m Pool = 2800m

50m Pool = 2800m

### Warm Up:

200m easy free

200m mixed back and breaststroke

4 x ½ lap scull ½ lap swim + 1 lap build to sprint

2 x if 50m pool

### Main:

2x200m rest 20sec, #2 pull buoy and paddles

100m easy backstroke, 2 lengths in 33m pool

2x300m rest 30sec, #2 pull buoy and paddles

1 lap easy after each 300m in 33m pool

100m easy backstroke, 2 lengths in 33m pool

2x400m rest 40sec, #2 pull buoy and paddles

100m easy backstroke, 2 lengths in 33m pool

### Warm Down:

100m easy loosen (66m if 33m pool)

## LEVEL 3

### Distance:

25m Pool = 3500m

33m Pool = 3600m

50m Pool = 3600m

### Warm Up:

400m easy free

200m mixed back and breaststroke

4 x ½ lap scull ½ lap swim + 1 lap build to sprint

2 x if 50m pool

### Main:

2x200m rest 20sec #2 with pull and paddles

100m easy backstroke rest 20sec, 2 lengths in 33m pool

2x300m rest 30sec #2 with pull and paddles

1 lap easy after each 300m in 33m pool

100m easy backstroke rest 20sec, 2 lengths in 33m pool

2x400m rest 40sec #2 with pull and paddles

100m easy backstroke rest 20sec, 2 lengths in 33m pool

8 x 25m fly with fins, rest 20 seconds, or 6 x 33m pool

400m easy pull

### Warm Down:

100m easy loosen (66m if 33m pool)