

# SWIM SESSION 1

**Session Focus/Goal/Challenge:** Focus on a strong catch and pull phase of stroke

**LEVEL 1**     **Distance:**  
25m Pool = 1700m  
33m Pool = 1800m  
50m Pool = 2000m

## Warm Up:

200 easy freestyle swim  
(2 x) ½ length scull, ½ length swim  
(2 x) 1 length backstroke + 1 length freestyle

## Main:

100m build over the distance – start steady, finish strong  
200m steady  
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)  
2 lengths trickle drill  
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)  
200m steady  
100m build over the distance – start steady, finish fast

## Warm Down:

4-10 lengths loosen (own choice of stroke – not butterfly)

**LEVEL 2**     **Distance:**  
25m Pool = 2500m  
33m Pool = 2600m  
50m Pool = 2800m

## Warm Up:

200 easy freestyle swim  
(2 x) ½ length scull, ½ length swim  
(2 x) 1 length backstroke + 1 length freestyle

## Main:

100m build over the distance – start steady, finish strong  
200m steady  
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)  
400m steady  
2 lengths trickle drill  
400m steady  
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)  
200m steady  
100m build over the distance – start steady, finish fast

## Warm Down:

4-10 lengths loosen (own choice of stroke – not butterfly)

**LEVEL 3**     **Distance:**  
25m Pool = 3600m  
33m Pool = 3733m  
50m Pool = 4000m

## Warm Up:

200m easy freestyle swim  
(2 x) ½ length scull, ½ length swim  
(4 x) 1 length backstroke + 1 length freestyle

## Main:

100m build over the distance – start steady, finish strong  
200m steady  
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)  
400m steady  
500m (use pull buoy – focusing on a strong catch and pull phase of stroke)  
2 lengths trickle drill  
500m (use pull buoy – focusing on a strong catch and pull phase of stroke)  
400m steady  
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)  
200m steady  
100m build over the distance – start steady, finish fast

## Warm Down:

4-10 lengths loosen (own choice of stroke – not butterfly)