NEW ZEALAND
OCEAN
SWIM
SERIES

SWIM
TRAINING
PROGRAM

53 INDIVIDUAL SWIM SESSIONS

TABLE OF CONTENTS

Well done for taking your first step in preparing to take part in a New Zealand Ocean Swim Series event.

This Swim Training Program features helpful swim tips and advice along with a number of structured swim and ocean sessions for you to follow. These programs are non-progressional and therefore can be carried out in any order.

Simply enter one of the seven events in the Series to instantly receive our **FREE Premium Swim Training Program** including twice the number of swim sessions and excusive additional content.

SELECTING YOUR PROGRAM

300m Program

If your goal is to take part in the 'Give it a Go' 300m or 300m 'Tag Team Relay' events at the New Zealand Ocean Swim Series then we would suggest you complete the 300m training sessions on pages 10-15.

We suggest two sessions per week (one pool and one ocean), ideally beginning six weeks out from your event day.

1000m Program

If your goal is to take part in the 'Step it Up' 1000m event at the New Zealand Ocean Swim Series then we would suggest you complete the 'Step it Up' 1000m training sessions on pages 16-26.

We suggest three sessions per week (two pool and one ocean), ideally beginning eight weeks out from your event day.

3000m Programs

If your goal is to take part in an 'I'm Going Long' 2.6km – 3.5km event at the New Zealand Ocean Swim Series then we would suggest you either complete the 3000m Intermediate Program training sessions on pages 27-41 or the 3000m Advanced Program training sessions on pages 42-62.

We suggest three sessions per week (two pool and one ocean) for intermediate swimmers and four sessions per week (three pool and one ocean) for advanced swimmers, ideally beginning ten weeks out from your event day.

Having an event to train for will provide you added motivation to stick with it and succeed. Select an event from the table below and enter early at www.oceanswim.co.nz. Simply enter one of the seven events in the Series to instantly receive our **FREE Premium Swim Training Program** including twice the number of swim sessions and excusive additional content.

Event		Swim Distances	Date
Bay of Islands Classic	Paihia	'I'm Going Long' 3.3km (Russell to Paihia) 'Give it a Go' 300m 'OceanKids' 200m	28 November 2015
Harbour Crossing	Auckland	'I'm Going Long' 2.9km (Bayswater to Auckland Viaduct)	12 December 2015
Capital Classic	Wellington	'I'm Going Long' 3.3km (Frank Kitts Park to Freyberg Beach) 'Step it Up' 1000m 'Give it a Go' 300m 300m 'Tag Team Relay' 'OceanKids' 200m	31 January 2016
Christchurch Crown	Christchurch	'I'm Going Long' 3.3km (Corsair Bay) 'Step it Up' 1000m 'Give it a Go' 300m 'OceanKids' 200m	13 February 2016
Legend of the Lake	Rotorua	'I'm Going Long' 3.5km (Blue Lake) 'Step it Up' 1000m 'Give it a Go' 300m 300m 'Tag Team Relay' 'OceanKids' 200m	28 February 2016
Sand to Surf	Mount Maunganui	'I'm Going Long' 2.6km (Mount Main Beach) 'Step it Up' 1000m 'Give it a Go' 300m 300m 'Tag Team Relay' 'OceanKids' 200m	12 March 2016
King of the Bays	Auckland	'I'm Going Long' 2.8km (Milford to Takapuna) 'Step it Up' 1000m 'Give it a Go' 300m 300m 'Tag Team Relay' 'OceanKids' 200m	2 April 2016

HEALTH & SAFETY WAIVER

Whilst we endeavour to provide you with the services and resources to make the most out of your experience, the onus is placed on you to ensure you are aware of any associated risks and take complete responsibility for your own health and wellbeing while using this training program. By using this swim program, you are accepting and agreeing to the following terms and conditions.

1. I acknowledge that ocean swimming involves the real risk of serious injury or even death from various causes including overexertion, equipment failure, dehydration, accidents with other swimmers.
2. I understand that I should not carry out this training program unless I have trained appropriately and my physical condition has been verified by a medical practitioner.
3. By carrying out this training, I accept all risks necessarily flowing from my participation which could result in loss of life or permanent injury. Accordingly, I release all persons or corporations associated directly or indirectly with this training program from all claims, demands and proceedings arising out of my participation and I hereby indemnify them against all liability (including liability for their negligence and the negligence of others) for all injury, loss or damage arising out of or connected with my participation in this program. This release shall extend to and include Quantum Events Limited and their respective directors, partners, managers, officers, agents, contractors and employees. This release and indemnity continues forever and binds my heirs, executors, personal representative and assigns.

SWIMMING POOL LAP ETIQUETTE

As a new (lap) swimmer you are often unaware of the swimming pool etiquette. Nevertheless, you quickly notice that the more experienced swimmers follow certain informal rules when they share a lane. If you want to appear as a well-mannered swimmer and get along with your swim buddies, it is important that you follow the lap swimming etiquette too.

So let's enumerate the rules you should follow while swimming in a lane:

- Gauge the speeds of each lane and join the lane where the swimmers swim at your speed. This is because it is distracting for experienced swimmers to have to constantly pass slower swimmers.
- If you are alone in a lane, you can swim following the middle line.
- If there are two swimmers in the lane, it can be split into halves and each swimmer swims in one half of the lane. Or the swimmers use the "circle" format described hereafter.
- If there are more than two swimmers in the lane, they should all circle in the lane. This is most often done counter-clockwise.
- When joining a lane, slowly enter the water and wait on the side during one lap until all swimmers have noticed that you will join the lane.
- If you are the second swimmer to join a lane, discuss with the first one how you will share the lane.
- Don't dive into the lane from the starting blocks when you join a lane. This can be distracting or even flat out frightening for swimmers that are concentrated swimming their laps and don't know what is happening. Normally, diving from the starting blocks should only be done during practice under supervision of a coach and when the lane isn't used by lap swimmers.
- If you want to pass a slower swimmer, tap him on the foot so that he knows your intention. He will then stop at the end of the lane and move to the right corner so that you can pass. Do the same if you are the person being passed.
- Don't push off the wall right in front of a faster swimmer. Let him/her pass first.
- Likewise, don't push off right behind a slower swimmer to directly pass him by. Leave him some room before pushing off.
- If you chat with a fellow swimmer, do it on the sides of the lane to not obstruct the lane end for the lap swimmers. Do the same if you need to rest.
- Don't "borrow" a piece of swimming equipment that you haven't brought yourself and seems abandoned. It may well be needed by one of your fellow swimmers very soon.

Source: http://www.enjoy-swimming.com/swimming-pool-etiquette.html

DRILLS

Stroke drills are a great way to improve the efficiency of your swimming. They are designed to work specific areas such as breathing, co-ordination, strokes length, feel of the water, and should be included in each session you do in the pool. Emphasis needs to be placed on doing the drills correctly rather than quickly. Drill laps may be followed by normal freestyle swimming laps. You will need to kick quicker than normal to hold a streamline position and glide between strokes when performing a drill.

Some commonly used drills are;

➢ Polo - This drill is great for open water swimming and helps you learn to sight for buoys or landmarks when swimming in the ocean, lake or river. Polo is when you swim with your head lifted above the water. Your chin should sit on the surface eyes facing forward. Your head should remain still and not move from side to side. http://www.youtube.com/watch?v=kuMwxcHc58Y&feature=related

➢ 2 right 2 left – The 2 right 2 left drill helps correct and develop the front of your stroke. The hand must enter directly in line with your shoulder pressing down to catch the water, push back firmly just past your hip. Alternate 2 right strokes followed by 2 left strokes, breathing once every two strokes. The arm that is not stroking must remain stretched out in front of you face.

➢ Catch up - This drill is designed to slow you down, stretch out and improve kick on to the stroke. It will also teach you to put your arms and body into a streamlined position. 'Catch up' is when you hold your left arm stretched out in front of your face kicking until you right arm strokes over and your right hand touches your left hand. Your left arm then strokes over repeating the sequence. http://www.youtube.com/watch?v=g7-xnvc3ap8

➢ Long Dog - This drill is performed slowly to allow you time to concentrate on the catch of the stroke. Using a firm wrist, press on to the water bending and holding elbow high pushing water back through to your hip. Bring your arms back to front under the water.

➢ Finger Tip Drag - The purpose of this drill is to promote high elbow during the recovery phase of the stroke. In the recovery phase of the stroke drag your fingertips in the water from your hip through to the entry point in line with your shoulder. http://www.youtube.com/watch?v=XITzpum5lxA

➢ (D) istance (P) er (S) troke – Work on getting as much distance with each stroke you take.

SWIMMING DEFINITIONS

Read through the definitions below to ensure you clearly understand the exercises in your Swim Program and how to do them properly. This will maximise the output of your session and help with your technique. You can perform drills within your session or as an addition to it to improve your stroke/s.

Back - Swim backstroke.

Breast - Swim breaststroke.

Build - Increasing pace throughout the distance.

Choice - Select any stroke you like.

Descend - If working with a clock, try to improve the time it takes you do a repeat as you progress through the set. If you don't have a clock just concentrate on increasing your speed each repeat you do in a set. The last repeat in a set will always be the fastest.

Example 4x100m Descend 1-4 (with clock) 1st 100m swim a time of 2min 2nd 100m swim a time of 1min 55sec 3rd 100m 1min 50sec 4th 100m 1min 45sec.

Drills - Drills are designed and used to help improve your technique and feel for the water. They break down your stroke in to smaller components so that focus can be placed on a specific area. See the Drills page for examples.

Easy - Swimming at an easy pace to recover from a previous swim set or finish the session.

Explodes - 25m Max effort sprints the aim is to sprint 25m with minimum amount of breath driven by an explosive kick.

Fins - Fins are great for working on technique when swimming. When kicking with fins they can increase flexibility in the ankles and build strength throughout the legs.

Free - Swim freestyle.

Hypoxic - Hypoxic swimming is a technique used by swimmers to improve their tolerance of oxygen debt. Coaches have favoured hypoxic training based on an assumption that you could simulate the effects of training at high altitude by breathing less often while swimming at low altitude. If you breathe every two or four strokes, try breathing every three or five and lengthen the time between breaths during your training program. By breathing on an uneven cycle (every 3 or 5) you can often help 'even up' your stroke and correct small deficiencies caused by breathing regularly on the same side. Hypoxic breathing can be used in any freestyle set.

Kick - Use a kickboard. Both arms stretched out across the board both hands holding on to the top of the kickboard. Feet need to remain high in the water use your abdominals to stabilise your body. http://www.youtube.com/watch?v=DgZ5-oatDg8

Max - Maximum effort. Push yourself as hard as you can.

Mixed - Generally used in warm ups. The majority of the distance should be freestyle with the opportunity to add in other strokes such as backstroke and breaststroke.

Moderate - Comfortable swimming keeping heart rate steady and your breathing easy.

Pull - Use a pull buoy. Pull buoy should sit comfortably between your thighs. Pull buoy should not sit below your knees. When using a pull buoy you should not kick your legs. Its purpose is to increase your arm strength however legs should move slightly to keep balance of your body, use your abdominals to stabilise your body. http://www.youtube.com/watch?v=H-RPVBZpsEw

S.P.K.D.S - Swim, Pull, Kick, Drill and then Swim.

Spikes - 12-15m sprints of the wall- Easy swimming to the end of the lap. Spikes should be swum over the 15metres without a breath with a high rating (fast arm speed and fast kick). Maximum effort required for only 12-15m.

Strong - Strong pace should be maintained for at least 20min at around 80-85% effort.

Technique - Concentrating on stroke length, body position, head position and kick.

- Entry Point - Fingertips/hand must enter in line with same side shoulder pushing forward to full extension.
- Catch - Working with a firm wrist press down on to the water immediately bending the elbow to create a strong catch position. The hand travels in one straight line directly backwards and relaxing at the very end of the stroke just past the hip.
- Recovery - A the very end of your stroke when your hand reaches just beyond your hip the elbow bends using your shoulder to pull elbow and hand out of the water. Hand should be relaxed, elbow should be high, and the shoulder does all the work bring the arm and hand back to the entry point.
- Body/ Head Position - Body position should be flat in the water, head facing down and feet as close to surface as possible.
- Body Roll - Holding a firm body position body will roll from side to side as stroke is being performed. Important to use abdominal muscles so that body does not sag through mid-section. Also use kick for propulsion and to help balance body.

300M SWIM PROGRAM

SESSION 1 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	100m	-	-	Freestyle Swim	
-	-	1x	133m	Freestyle swim	
1x	200m	1x	200m	Swim mixed strokes	
4x	50m	-	-	Swim as: 1x 25m drill 1x 25m swim	Rest 15 sec
-	-	4 x	66m	Swim as: 1x 33m drill 1x 33m swim	Rest 15 sec

Main set					
1x	100m	-	-	Pull build last 25m MAX effort	
-	-	1x	133m	Pull build last 33m MAX effort	
4x	50m	-	-	Pull FAST	Rest 10 sec
-	-	4x	33m	Pull FAST	Rest 10 sec
Repeat Set					

Warm down					
1 x	100m	-	-	Easy swim	
-	-	1x	133m	Easy swim	

Total program distance = 1.2km

300M SWIM PROGRAM

SESSION 2 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
2 min	100m	Breathing to your left side	
2 min	100m	Breathing to your right side	Rest 1 min

NB: – Practice breathing both sides useful when swimming in choppy or wavy conditions where the water is hitting one side of your face

Main set			
5 min	200m – 300m	Swim straight – Practice sighting every 10 strokes	Rest 1 min
5 min	300m – 400m	Swim straight – practice sighting every 15 strokes	Rest 1 min
		From the shore (Ins): Run, wade and dolphin dive into the water then swim 10 strokes Max effort	
		From the water (Outs): Swim and walk easy back to the shore	
Repeat Ins and Outs 2-4x (14mins)			

Total program duration = 25min

300M SWIM PROGRAM

SESSION 3 – POOL

50M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
1 x	150m	-	-	Freestyle swim	
-	-	1 x	166m	Freestyle swim	
3x	50m	-	-	1 - 3 Descend	Rest 10 sec
-	-	3 x	66m	1 - 3 Descend	Rest 10 sec
Repeat set					

Main set					
3x	100m	-	-	Pull 1 - 3 Descend last 100m MAX effort	Rest 15 sec
-	-	4x	100m	Pull 1 - 3 Descend last 100m MAX effort	Rest 15 sec
4x	50m	-	-	Swim as: 1x 25m MAX effort 1x 25m easy	Rest 20 sec
-	-	3x	66m	Swim as: 1x 33m MAX effort 1x 33m easy	Rest 20 sec

Warm down					
1 x	200m	-	-	Easy swim	
-	-	1x	166m	Easy swim	

Total program distance = 1.3km

300M SWIM PROGRAM

SESSION 4 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
3 min	150m-200m	Easy swim	Rest 1 min
2 min	100m	Swim at 70%	Rest 30 sec
1 min	50m	Swim at 90%	

Main set			
		From the shore (Ins): Run, wade and dolphin dive into the water then swim 30 strokes at 70% effort sighting every 5th stroke	Rest 1 min
		From the water (Outs): Swim in and run to the shore at MAX effort	Rest 1 min

NB: See how many sets you can make in 15 minutes

Warm down			
2 min	100m	Easy swim	

Total program duration = 24min

300M SWIM PROGRAM

SESSION 5 – POOL

50M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1x	200m	1x	200m	Swim mixed strokes	
2x	100m	2x	100m	Pull	Rest 15 sec
1x	100m	-	-	Easy Swim	
-	-	1x	133m	Easy swim	

Main set					
1x	400m	1x	400m	Build every 100m, last 100m MAX effort	
1x	100m	-	-	Kick MAX effort	
-	-	1x	133m	Kick MAX effort	

Warm down					
1x	100m	-	-	Easy swim	
-	-	1x	66m	Easy swim	

Total program distance = 1.2km

300M SWIM PROGRAM

SESSION 6 – OCEAN

OCEAN		
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
3 min	150m	Easy swim	
3 min	150m	Strong swim at 70% effort breathing both sides	
Main set			
5 min	200m-300m	Strong swim	Rest 1 min
5 min	200m-300m	Swim MAX effort	Rest 1 min
		From the shore (Ins): Run, wade and dolphin dive into the water then swim 20 strokes at MAX effort	Turn quickly practicing buoy turn
		From the water (Outs): Swim in, wade and run to the shore at MAX effort	

Total program duration = 20min

1000M SWIM PROGRAM

SESSION 1 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	100m	1 x	100m	Mixed strokes	
1 x	100m	1 x	100m	Pull	
4 x	50m	-	-	Drill	Rest 20 sec
-	-	3 x	66m	Drill	Rest 20 sec

Main set					
1 x	300m	1 x	300m	Swim build every 100m to MAX effort	
4 x	50m	-	-	MAX	Rest 20 sec
-	-	3 x	66m	MAX	Rest 20 sec

Warm down					
1 x	100m	1 x	100m	Easy swim	

Total program distance = 1km

SESSION 2 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
5 x	100m	5 x	100m	S.P.K.D.S	Rest 10 sec

Main set					
4 x	100m	4 x	100m	1 - 4 Descend 4th 100m MAX effort	Rest 15 Sec
4 x	50m	-	-	Explodes	Rest 20 sec
-	-	3 x	66m	Explodes	Rest 20 sec

Warm down					
1 x	100m	1 x	100m	Easy swim	

Total program distance = 1.4km

1000M SWIM PROGRAM

SESSION 3 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
4 min	200m	Breathing to your left side	
4 min	200m	Breathing to your right side	

NB: Practice breathing both sides – useful for when you're racing in choppy or wavy conditions where the water is hitting one side of your face

Main set			
4 min	200m	Swim straight – breathing every 3rd or 5th stroke	Turn around
4 min	200m	Swim straight – practice sighting every 15 strokes	1 min rest
2 ½ min	25m	Practicing enters into the water at 80% swim out Swim back to shore – Easy	
2 ½ min	25m	Practicing exits out of the water at 100% swim in from Swim out - Easy	

Warm down			
1 min	50m	Easy swim	

Total program duration = 24min

1000M SWIM PROGRAM

SESSION 4 – POOL

50M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
1 x	200m	-	-	Swim as: Last 25 of each 100m Polo	
-	-	1 x	200m	Swim as: Last 33 of each 100m Polo	
4 x	50m	-	-	Swim as: 1 x Drill 1 x Swim	 Rest 10 sec Rest 10 sec
-	-	3 x	66m	Swim as: 1 x drill 1 x swim	 Rest 10 sec Rest 10 sec
1 x	100m	1 x	100m	Kick	
2 x	50m	-	-	Spikes	Rest 20 sec
-	-	2 x	66m	Spikes	Rest 20 sec

Main set					
4 x	100m	4 x	100m	1 - 4 descend 4th 100m MAX effort	Rest 10 sec

Warm down					
1 x	100m	1 x	100m	Easy swim	

Total program distance = 1.1km

1000M SWIM PROGRAM

SESSION 5 – POOL

50/25M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
4 x	100m	4 x	100m	Swim as: 2x 100m swim 1x 100m pull 1x 100m kick	 Rest 10 sec Rest 10 sec Rest 10 sec
2 x	50m	-	-	Spikes	Rest 20 sec
-	-	2 x	66m	Spikes	Rest 20 sec

Main set					
4 x	100m	-	-	Swim as: 50m moderate / 50m strong	 Rest 20 sec
-	-	4 x	100m	Swim as: 66m moderate / 66m strong	 Rest 20 sec
4 x	50m	-	-	Explodes	Rest 20 sec
-	-	3 x	66m	Explodes	Rest 20 sec

Warm down					
1 x	100m	1 x	100m	Easy swim	

Total program distance = 1.2km

1000M SWIM PROGRAM

SESSION 6 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
4 min	200m	Easy Swim – warming up	1 min rest
4 min	200m	Moderate Swim at 70% effort	1 min rest
1 min	50m	Easy Swim	

Main set			
12 min		From the Shore: Jog and wade into the water, Swim 50 freestyle strokes at 70% effort, sighting every 10th stroke	
		From the Water: Swim in to the shore. Max effort sighting every 10th stroke. Wade and run out of the water	1 Min rest
		From the Shore, jog and wade into the water: Swim 50 freestyle strokes at 70% effort, sighting every 10th stroke	
		From the Water: Swim in to the shore. Max effort sighting every 10th stroke. Wade and run out of the water	1 Min rest

NB: See how many sets you can make in 12 minutes

Warm down			
3 min	150m	Easy swim	

Total program duration = 27min

1000M SWIM PROGRAM

SESSION 7 – POOL

50M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS
Warm up					
1 x	100m	1 x	100m	Free	
1 x	100m	1 x	100m	Backstroke or Breaststroke	
4 x	50m	-	-	Swim as: 1 x 25m Pull 1 x 25m Swim	Rest 10 sec
	-	3 x	66m	Swim as: 1 x 33m Pull 1 x 33m Swim	Rest 10 sec
2 x	100m	2 x	100m	Kick	Rest 20 sec
2 x	50m	-	-	Spikes	Rest 15 sec
-	-	2 x	66m	Spikes	Rest 15 sec
Main set					
1 x	300m	1 x	300m	Pull MAX effort	
Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 1.2km

1000M SWIM PROGRAM

SESSION 8 – POOL

50M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	200m	-	-	Swim as: Last 25m of every 100m backstroke or breaststroke	
-	-	1 x	200m	Swim as: Last 33m of every 100m backstroke or breaststroke	
2 x	100m	-	-	Swim as: 1x 50m Pull 1x 50m Kick	Rest 10 sec Rest 10 sec
	-	2 x	100m	Swim as: 1x 66m Pull 1x 66m Kick	Rest 10 sec Rest 10 sec
2 x	50m	-	-	MAX finishes	Rest 15 sec
	-	2 x	66m	MAX finishes	Rest 15 sec

Main set					
2 x	200m	2 x	200m	1 – 2 descend, either swim or pull	Rest 20 sec
8 x	25m	-	-	1 – 4 Descend	Rest 20 sec
	-	6 x	33m	1 – 4 Descend	Rest 20 sec

Warm down					
1 x	100m	1 x	100m	Easy swim	

Total program distance = 1.2km

1000M SWIM PROGRAM

SESSION 9 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
12min	200m 400m	Swim as: 5min easy swim 8min strong swim at 70% breathing to both sides	Rest 1 min

Main set			
8min	400m	Strong swim at 80% effort	
2min	100m	Easy swim	
5 min	200m – 300m	Swim MAX effort	
5 min	200m – 300m	Easy swim	

Total program duration = 33min

1000M SWIM PROGRAM

SESSION 10 – POOL

50M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
6 x	100m	-	-	Swim as: 3x 100m Swim last 25m of every 100m choice 2x100m pull 1-2 descend 1x100m kick last 25m fast	 Rest 10 sec Rest 10 sec Rest 10 sec
-	-	6 x	100m	Swim as: 3x 100m Swim last 33m of every 100m choice 2x100m pull 1-2 descend 1x100m kick last 33m fast	 Rest 10 sec Rest 10 sec Rest 10 sec

Main set					
1 x	400m	1 x	400m	Build every 100m last 100 MAX effort	

Warm down					
1 x	100m	1 x	100m	Easy swim	

Total program distance = 1.1km

1000M SWIM PROGRAM

SESSION 11 – POOL

50M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	200m	1 x	200m	Mixed strokes	
1 x	200m	1 x	200m	Pull	
4 x	50m	-	-	As: 1x 50m Drill 1x 50m Swim	 Rest 10 sec Rest 10 sec
	-	3 x	66m	As: 1x 66m Drill 1x 66m Swim	 Rest 10 sec Rest 10 sec

Main set					
2 x	50m	-	-	FAST	Rest 10 sec
	-	2 x	66m	FAST	Rest 10 sec
1 x	50m	-	-	Easy	Rest 20 sec
-	-	1 x	66m	Easy	Rest 20 sec
1 x	100m	1 x	100m	FAST	Rest 10 sec
1 x	50m	-	-	Easy	Rest 20 sec
-	-	1 x	66m	Easy	Rest 20 sec
1 x	100m	1 x	100m	FAST	Rest 10 sec

Warm down					
1 x	100m	1 x	100m	Easy swim	

Total program distance = 1.1km

1000M SWIM PROGRAM

SESSION 12 – OCEAN

OCEAN			
REPS	DISTANCE	SWIM SET	COMMENTS

Main set			
32 min	400m 400m 400m 400m	Swim Continuous as: 8 min swim at 70% effort 8 min Build from 80% to 95% 8 min Swim at 70% effort 8 min Build from 80% to 95%	 2 min warm down

NB:

70% effort swims – technique. Work on Breathing patterns, practice breathing both sides

Build Efforts – Breath to one side only. Last 2 min of the 10 min swim should be at MAX effort. Practice sighting every 20 – 30 strokes

Total program duration = 32min

3000M INTERMEDIATE SWIM PROGRAM

SESSION 1 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	200m	1 x	200m	Mixed strokes	
4 x	100m	4 x	100m	Pull	Rest 10 sec
1 x	200m	1 x	200m	Build to fast pace 90% in last 200m	Rest 20 sec
4 x	50m	-	-	Spikes	Rest 20 sec
-	-	3 x	66m	Spikes	Rest 20 sec
1 x	100m	1 x	100m	Easy	

Main set					
1 x	500m	1 x	500m	Swim build every 100m to max effort	
4 x	50m	-	-	MAX	Rest 20 sec
-	-	3 x	66m	MAX	Rest 20 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 2km

3000M INTERMEDIATE SWIM PROGRAM

SESSION 2 – POOL

50/25M POOL		33M POOL		SWIM SET	COMMENTS
REPS	DISTANCE	REPS	DISTANCE		

Warm up					
5 x	200m	5 x	200m	S.P.K.D.S	Rest 10 sec
4 x	100m	-	-	Pull as 50m moderate, 50m strong	Rest 10 sec
-	-	4 x	100m	Pull as 66m moderate, 66m strong, swap for next 100m.	
4 x	50m	-	-	Spikes	Rest 20 secs
-	-	3 x	66m	Spikes	Rest 20 secs
1 x	100m	1 x	100m	Easy swim	

Main set					
4 x	200m	4 x	200m	1 - 4 Descend 4th 200m max effort	Rest 15 Sec
4 x	50m	-	-	Explodes	Rest 20 sec
-	-	3 x	66m	Explodes	Rest 20 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 2.9km

3000M INTERMEDIATE SWIM PROGRAM

SESSION 3 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
5 min	200m - 300m	Breathing to your left side only	
5 min	200m - 300m	Breathing to your right side only	Rest 1 minute

NB: Practice breathing both sides – useful for when you're racing in choppy or wavy conditions where the water is hitting one side of your face

Main set			
5 min	200m - 300m	Swim straight – breathing every 3rd or 5th stroke	Turn around
5 min	200m - 300m	Swim straight – practice sighting every 15 strokes	1 min rest
2 ½ min	25m	Practicing enters into the water at 80% swim out Swim back to shore – Easy	
2 ½ min	25m	Practicing exits out of the water at 100% swim in from Swim out - Easy	

Warm down			
2 min	100m	Easy swim	

Total program duration = 29min

3000M INTERMEDIATE SWIM PROGRAM

SESSION 4 – POOL

50M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	400m	-	-	Swim as: Last 25 of each 100m Polo	
-	-	1 x	400m	Swim as: Last 33 of each 100m Polo	
8 x	50m	-	-	Swim as: 1x 50m Drill x 50m Swim	Rest 10 sec Rest 10 sec
-	-	6 x	66m	Swim as: 1x 66m Drill 1x 66m Swim	Rest 10 sec Rest 10 sec
1 x	200m	1 x	200m	Kick	
4 x	50m	-	-	Spikes	Rest 20 sec
-	-	3 x	66m	Spikes	Rest 20 sec
1 x	100m	1 x	100m	Easy	

Main set					
12 x	100m	12 x	100m	1 - 4 Descend 4th, 8th and 12th 100m MAX effort	Rest 15 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 2.7km

3000M INTERMEDIATE SWIM PROGRAM

SESSION 5 – POOL

50M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
4 x	200m	4 x	200m	Swim as: 2x 200m Swim 1x 200m Pull 1x 200m Kick	 Rest 10 sec Rest 10 sec Rest 10 sec
6 x	100m	6 x	100m	Swim as: 2x 100m Build 2x 100m Technique	 Rest 10 sec Rest 10 sec
4 x	50m	-	-	Spikes	Rest 20 sec
-	-	3 x	66m	Spikes	Rest 20 sec
1 x	100m	1 x	100m	Easy	

Main set					
12 x	50m	-	-	Explodes	Rest 15 sec
-	-	9 x	66m	Explodes	Rest 15 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 2.5km

SESSION 6 – OCEAN

OCEAN			
REPS	DISTANCE	SWIM SET	COMMENTS

Warm up			
5 min	200m - 300m	Easy Swim – warming up	1 min rest
5 min	200m - 300m	Moderate Swim at 70% effort	1 min rest
1 min	50m	Easy Swim	

Main set			
15 min		From the Shore: Jog and wade into the water: Swim 50 freestyle strokes at 70% effort, sighting every 10th stroke	
		From the Water: Swim in to the shore. Max effort sighting every 10th stroke. Wade and run out of the water	1 Min rest
		From the Shore, jog and wade into the water: Swim 50 freestyle strokes at 70% effort, sighting every 10th stroke	
		From the Water: Swim in to the shore. Max effort sighting every 10th stroke. Wade and run out of the water	1 Min rest

NB: See how many sets you can make in 15 minutes

Warm down			
4 min	200m - 300m	Easy swim	

Total program duration = 32min

3000M INTERMEDIATE SWIM PROGRAM

SESSION 7 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	400m	1 x	400m	Swim as: 1x 100m free 1x 100m back 1x 200m free	
6 x	50m	-	-	Swim as: 1x 50mPull 1x 50m Swim	Rest 10 sec
-	-	9 x	33m	Swim as: 1x 66m Pull 1x 66m Swim	Rest 10 sec
1 x	200m	1 x	200m	Kick	Rest 20 sec
4 x	50m	-	-	Spikes	Rest 15 sec
-	-	3 x	66m	Spikes	Rest 15 sec
1 x	100m	1 x	100m	Easy swim	

Main set					
1 x	100m	1 x	100m	Swim: 50% moderate / 50% strong	Rest 10 sec
1 x	200m	1 x	200m	Swim: 50% moderate / 50% strong	Rest 10 sec
1 x	300m	1 x	300m	Swim: 50% moderate / 50% strong	Rest 10 sec
1x	300m	1x	300m	Pull: 50% moderate / 50% strong	Rest 10 sec
1x	200m	1x	200m	Pull: 50% moderate / 50% strong	Rest 10 sec
1x	100m	1x	100m	Pull: 50% moderate / 50% strong	

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 2.6km

3000M INTERMEDIATE SWIM PROGRAM

SESSION 8 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	400m	-	-	Last 25m of every 100m: backstroke or breaststroke	
-	-	1 x	400m	Last 33m of every 100m: backstroke or breaststroke	
4 x	100m	-	-	Swim as: 1x 50m Pull 1x 50m Kick	Rest 10 sec
-	-	4 x	100m	Swim as: 1x 66m Pull, 1x 66m Kick	Rest 10 sec
4 x	50m	-	-	MAX finishes	Rest 15 sec
-	-	3 x	66m	MAX finishes	Rest 15 sec
1 x	200m	1 x	200m	Swim: Build to MAX Effort	

Main set					
2 x	400m	2 x	400m	1 - 4 Descend: Either Swim or Pull	Rest 20 Sec
6 x	50m	-	-	1 - 3 Descend	Rest 20 sec
-	-	9 x	33m	1 - 3 Descend	Rest 20 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 2.7km

3000M INTERMEDIATE SWIM PROGRAM

SESSION 9 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
15 min	200m 400m – 600m	Swim as: 5 min Easy swim 10 min Strong swim at 70% effort breathing to both sides	1 min rest

Main set			
10min	400m	Strong swim at 80% effort	
2 min	100m	Easy swim	
5 min	200m	Swim MAX effort	
2 min	100m	Easy warm down	
5 min	200m	Swim MAX effort	
2 min	100m	Easy warm down	

Total program duration = 42min

3000M INTERMEDIATE SWIM PROGRAM

SESSION 10 – POOL

50M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
12 x	100m	-	-	Swim as: 4x 100m Swim last 25m of every 100 choice 4x100m Pull 1 - 4 Descend 4x100m Kick last 25m of every 100 fast	 Rest 10 sec Rest 10 sec Rest 10 sec
-	-	12 x	100m	Swim as: 4x 100m Swim last 33m of every 100 choice 4x100m Pull 1 - 4 Descend 4x100m Kick last 33m of every 100 fast	 Rest 10 sec Rest 10 sec Rest 10 sec
4 x	50m	-	-	Spikes	Rest 20 sec
	-	3 x	66m	Spikes	Rest 20 sec
1 x	100m	1 x	100m	Easy swim	

Main set					
1 x	800m	1 x	800m	Build every 200m last 200 MAX effort	

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 2.6km

3000M INTERMEDIATE SWIM PROGRAM

SESSION 11 – POOL

50M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
1 x	300m	1 x	300m	Mixed strokes	
1 x	300m	1 x	300m	Pull	
2 x	100m	2 x	100m	Kick	Rest 10 sec
8 x	50m	-	-	Swim as: 1x 50m Drill 1x 50m Swim	 Rest 10 sec Rest 10 sec
-	-	6 x	66m	Swim as: 1x 66m Drill 1x 66m Swim	 Rest 10 sec Rest 10 sec

Main set					
4 x	50m	-	-	FAST swim	Rest 10 sec
	-	3 x	66m	FAST swim	Rest 10 sec
1 x	100m	1 x	100m	Easy swim	Rest 20 sec
2 x	100m	2 x	100m	FAST swim	Rest 10 sec
1 x	100m	1 x	100m	Easy swim	Rest 20 sec
2 x	200m	2 x	200m	FAST swim	Rest 10 sec
1 x	100m	1 x	100m	Easy swim	

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 2.3km

3000M INTERMEDIATE SWIM PROGRAM

SESSION 12 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Main set			
40 min	400m 400m 400m 400m	Swim Continuous as: 10 min swim at 70% effort 10 min Build from 80% to 90% 10 min Swim at 70% effort 10 min Build from 80% to 95%	

NB:

70% effort swims – technique. Work on Breathing patterns, practice breathing both sides

Build Efforts – Breath to one side only. Last 2 min of the 10 min swim should be at MAX effort.

Practice sighting every 20 – 30 strokes

Total program duration = 40min

3000M INTERMEDIATE SWIM PROGRAM

SESSION 13 – POOL

50M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
1 x	100m	1 x	100m	Swim	Rest 10 sec
1 x	200m	1 x	200m	Pull	Rest 10 sec
1 x	300m	1 x	300m	Swim	Rest 10 sec
1 x	200m	1 x	200m	Pull	Rest 10 sec
1 x	100m	1 x	100m	Swim	
12 x	50m	-	-	Swim as: 1 x 50m kick 1 x 50m spike 1 x 50m choice stroke	 Rest 10 sec Rest 10 sec Rest 10 sec
	-	9 x	66m	Swim as: 1 x 66m kick 1 x 66m spike 1 x 66m choice stroke	 Rest 10 sec Rest 10 sec Rest 10 sec
1 x	100m	1 x	100m	Easy swim	

Main set					
8 x	100m	8 x	100m	**Pull MAX effort**	Rest 20 – 30 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 2.6km

3000M INTERMEDIATE SWIM PROGRAM

SESSION 14 – POOL

50/25M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
16 x	50m	-	-	Swim as: 1 x 50m Free Technique 1 x 50m Either Drill or Spike	 Rest 5 sec Rest 5 sec
-	-	12 x	66m	Swim as: 1 x 66m Free Technique 1 x 66m Either Drill or Spike	 Rest 5 sec Rest 5 sec
1 x	300m	1 x	300m	Pull – build every 100m	
1 x	100m	1 x	100m	Easy Swim	

Main set					
2 x	200m	2 x	200m	1 – 2 Descend, last 100m MAX effort	20 sec rest
2 x	50m	-	-	MAX effort	Rest 20 sec
-	-	2 x	66m	MAX effort	Rest 20 sec
1 x	100m	1 x	100m	Easy swim	Rest 30 sec
2 x	200m	2 x	200m	1 – 2 Descend, last 200m MAX effort	Rest 20 sec
2 x	50m	-	-	MAX effort	Rest 20 sec
-	-	2 x	66m	MAX effort	Rest 20 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 2.5km

3000M INTERMEDIATE SWIM PROGRAM

SESSION 15 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
10 min	400m - 600m	Easy Swim, mix up strokes	

Main set			
	50m – 100m	From the Shore: Run, Wade and Dolphin Dive into water, swim 50 strokes at MAX effort	
		Turn at Speed, practicing buoy turn	
	50m – 100m	From the Water: Swim back to shore, easy	1 min rest

NB: Repeat complete set 10 times

Warm down			
5 min	200m	Easy swim	

Total program duration = 35min

3000M ADVANCED SWIM PROGRAM

SESSION 1 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	400m	1 x	400m	Mixed strokes	
4 x	100m	4 x	100m	Pull	Rest 10 sec
3 x	200m	3 x	200m	Build to fast pace 90% in last 200m	Rest 20 sec
6 x	50m	-	-	Spikes	Rest 20 sec
-	-	9 x	33m	Spikes	Rest 20 sec
1 x	100m	1 x	100m	Easy	

Main set					
1 x	800m	1 x	800m	Swim build every 200m to max effort	
4 x	50m	-	-	MAX	Rest 20 sec
-	-	3 x	66m	MAX	Rest 20 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3km

3000M ADVANCED SWIM PROGRAM

SESSION 2 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
5 x	200m	5 x	200m	S.P.K.D.S	Rest 10 sec
8 x	100m	-	-	Pull as 50m moderate, 50m strong	Rest 10 sec
-	-	8 x	100m	Pull as 66m moderate, 66m strong, swap for next 100m.	Rest 10 sec
6 x	50m	-	-	Spikes	Rest 20 sec
-	-	9 x	33m	Spikes	Rest 20 sec
1 x	100m	1 x	100m	Easy swim	

Main set					
6 x	200m	6 x	200m	1-3 Descend 3rd and 6th 200m max effort	Rest 15 Sec
6 x	50m	-	-	Explodes	Rest 20 sec
-	-	9 x	33m	Explodes	Rest 20 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.7km

3000M ADVANCED SWIM PROGRAM

SESSION 3 – POOL

50M POOL		33M POOL		SWIM SET	COMMENTS
REPS	DISTANCE	REPS	DISTANCE		

Warm up					
1 x	600m	-	-	Swim as: Last 25 of each 100m Polo	
-	-	1 x	600m	Swim as: Last 33 of each 100m Polo	
12 x	50m	-	-	Swim as: 2x 50m drill 2x 50m swim	Rest 10 sec Rest 10 sec
-	-	9 x	66m	Swim as: 2x 66m drill 2x 66m swim	Rest 10 sec Rest 10 sec
1 x	300m	1 x	300m	Kick	
4 x	50m	-	-	Spikes	Rest 20 sec
-	-	3 x	66m	Spikes	Rest 20 sec
1 x	200m	1 x	200m	Easy	

Main set					
16 x	100m	16 x	100m	1 - 4 Descend 4th, 8th, 12th and 16th 100m MAX effort	Rest 10 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.7km

3000M ADVANCED SWIM PROGRAM

SESSION 4 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
5 min	300m – 400m	Breathing to your left side	
5 min	300m – 400m	Breathing to your right side	

NB: Practice breathing both sides – useful for when you're racing in choppy or wavy conditions where the water is hitting one side of your face

Main set			
5 min	300m – 400m	Swim straight – breathing every 3rd or 5th stroke	Turn around
5 min	300m – 400m	Swim straight – practice sighting every 15 strokes	1 min rest
5 min	300m – 400m	Swim straight – breathing every 3rd or 5th stroke	Turn around
5 min	300m – 400m	Swim straight – practice sighting every 15 strokes	1 min rest
2 ½ min	25m	Practicing enters into the water at 80% swim out Swim back to shore – Easy	
2 ½ min	25m	Practicing exits out of the water at 100% swim in from Swim out - Easy	

Warm down			
2 min	100m – 300m	Easy swim	

Total program duration = 40min

3000M ADVANCED SWIM PROGRAM

SESSION 5 – POOL

50M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
4 x	300m	4 x	300m	Swim as: 2x 300m swim 1x 300m pull 1x 300m kick	 Rest 10 sec Rest 10 sec Rest 10 sec
8 x	100m	8 x	100m	Swim as: 2x 100m build 2x 100m technique	 Rest 10 sec Rest 10 sec
4 x	50m	-	-	Spikes	Rest 20 sec
-	-	3 x	66m	Spikes	Rest 20 sec
1 x	100m	1 x	100m	Easy	

Main set					
16 x	50m	-	-	Explodes	Rest 15 sec
-	-	12 x	66m	Explodes	Rest 15 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.4km

3000M ADVANCED SWIM PROGRAM

SESSION 6 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	500m	1 x	500m	Swim as: 1x 200m free 1x 100m back 1x 200m free	
8 x	50m	-	-	Swim as: 1x 50 pull 1x 50m swim	Rest 10 sec
-	-	6 x	66m	Swim as: 1x 66m pull 1x 66m swim	Rest 10 sec
2 x	200m	2 x	200m	Kick	Rest 20 sec
6 x	50m	-	-	Spikes	
-	-	9 x	33m	Spikes	
1 x	100m	1 x	100m	Easy swim	

Main set					
1 x	100m	1 x	100m	Swim: 50% moderate / 50% strong	Rest 10 sec
1 x	200m	1 x	200m	Swim: 50% moderate / 50% strong	Rest 10 sec
1 x	300m	1 x	300m	Swim: 50% moderate / 50% strong	Rest 10 sec
1 x	400m	1 x	400m	Swim: 50% moderate / 50% strong	Rest 10 sec
1x	300m	1x	300m	Swim: 50% moderate / 50% strong	Rest 10 sec
1x	200m	1x	200m	Swim: 50% moderate / 50% strong	Rest 10 sec
1x	100m	1x	100m	Swim: 50% moderate / 50% strong	

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.5km

3000M ADVANCED SWIM PROGRAM

SESSION 7 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	600m	-	-	Last 25m of every 100m: backstroke or breaststroke	
-	-	1 x	600m	Last 33m of every 100m: backstroke or breaststroke	
4 x	150m	-	-	Swim as: 1x 100m Pull 1x 50m Kick	Rest 10 sec
-	-	4 x	150m	Swim as: 1x 66m Pull 1x 33m Kick	Rest 10 sec
6 x	50m	-	-	MAX finishes	Rest 15 secs
-	-	9 x	33m	MAX finishes	Rest 15 secs
1 x	200m	1 x	200m	Swim: Build to MAX Effort	
1 x	100m	1 x	100m	Easy swim	

NB: Use pull buy for kick in need

Main set					
4 x	400m	4 x	400m	1 - 4 Descend: Either Swim or Pull	Rest 20 Sec
4 x	50m	-	-	1 - 4 Descend	Rest 20 sec
-	-	3 x	66m	1 - 4 Descend	Rest 20 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 4.1km

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3000M ADVANCED SWIM PROGRAM

SESSION 8 – OCEAN

OCEAN		
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
Warm up			
5 min	300m – 400m	Easy Swim – warming up	1 min rest
5 min	300m – 400m	Moderate Swim at 70% effort	1 min rest
5 min	300m – 400m	Strong Swim at 90% effort	1 min rest
1 min	50m – 100m	Easy Swim	

Main set			
20 min		From the Shore, jog and wade into the water: Swim 50 freestyle strokes at 70% effort, sighting every 10th stroke	
		From the Water: Swim in to the shore. Max effort sighting every 10th stroke. Wade and run out of the water	1 Min rest
		From the Shore, jog and wade into the water: Swim 50 freestyle strokes at 70% effort, sighting every 10th stroke	
		From the Water: Swim in to the shore. Max effort sighting every 10th stroke. Wade and run out of the water	1 Min rest

NB: See how many sets you can make in 20 minutes

Warm down			
6 min	300m – 500m	Easy swim	

Total program duration = 45min

3000M ADVANCED SWIM PROGRAM

SESSION 9 – POOL

50M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
16 x	100m	-	-	Swim as: 8x 100m Swim last 25m of every 100m choice 4x 100m pull 1 - 4 Descend 4x 100m kick last 25m of every 100m fast	Rest 10 sec Rest 10 sec Rest 10 sec
-	-	16 x	100m	Swim as: 8x 100m Swim last 33m of every 100m choice 4x 100m pull 1 - 4 Descend 4x 100m kick last 33m of every 100m fast	Rest 10 sec Rest 10 sec Rest 10 sec
6 x	50m	-	-	Spikes	Rest 20 sec
	-	9 x	33m	Spikes	Rest 20 sec
1 x	100m	1 x	100m	Easy swim	

Main set					
1 x	1000m	1 x	1000m	Build every 200m last 200m MAX effort	

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.2km

3000M ADVANCED SWIM PROGRAM

SESSION 10 – POOL

50M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	500m	1 x	500m	Mixed Swim	
1 x	400m	1 x	400m	Pull	
3 x	100m	3 x	100m	Kick	Rest 10 sec
12 x	50m	-	-	Swim as: 1x 50m Drill 1x 50m Swim	 Rest 10 sec Rest 10 sec
	-	9 x	66m	Swim as: 1x 66m Drill 1x 66m Swim	 Rest 10 sec Rest 10 sec

Main set					
4 x	50m	-	-	FAST swim	Rest 10 sec
	-	3 x	66m	FAST swim	Rest 10 sec
1 x	100m	1 x	100m	Easy swim	Rest 20 sec
2 x	100m	2 x	100m	FAST swim	Rest 10 sec
1 x	100m	1 x	100m	Easy swim	Rest 20 sec
1 x	200m	1 x	200m	FAST swim	Rest 10 sec
1 x	100m	1x	100m	Easy swim	

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.1km

3000M ADVANCED SWIM PROGRAM

SESSION 11 – POOL

50M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
1 x	100m	1 x	100m	Swim	
1 x	200m	1 x	200m	Pull	
1 x	300m	1 x	300m	Swim	
1 x	400m	1 x	400m	Pull	
1 x	300m	1 x	300m	Swim	
1 x	200m	1 x	200m	Pull	
1 x	100m	1 x	100m	Swim	
12 x	50m	-	-	Swim as: 1x 50m kick 1x 50m spike 1x 50m choice stroke	 Rest 10 sec Rest 10 sec Rest 10 sec
	-	9 x	66m	Swim as: 1x 66m kick 1x 66m spike 1x 66m choice stroke	 Rest 10 sec Rest 10 sec Rest 10 sec
1 x	100m	1 x	100m	Easy	

Main set					
10 x	100m	10 x	100m	Pull MAX effort	Rest 20 – 30 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.5km

3000M ADVANCED SWIM PROGRAM

SESSION 12 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
20 min	400m 900m – 1500m	Swim as: 5 min Easy swim 15 min Strong swim at 70% effort breathing to both sides	1 min rest

Main set			
15 min	900m – 1500m	Strong swim at 80% effort	
2 min	100m – 200m	Easy swim	
5 min	300m – 400m	Swim MAX effort	
2 min	100m – 200m	Easy warm down	
5 min	300m – 400m	Swim MAX effort	
2 min	100m – 200m	Easy warm down	

Total program duration = 52min

3000M ADVANCED SWIM PROGRAM

SESSION 13 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
20 x	50m	-	-	Swim as: 1x 50m Free Technique 1x 50m Either Drill or Spike	 Rest 5 sec Rest 5 sec
-	-	15 x	66m	Swim as: 1x 66m Free Technique 1x 66m Either Drill or Spike	 Rest 5 sec Rest 5 sec
1 x	600m	1 x	600m	Pull – build every 200m	
1 x	100m	1 x	100m	Easy Swim	

Main set					
3 x	200m	3 x	200m	1 – 3 Descend, last 200m MAX effort	20 sec rest
4 x	50m	-	-	MAX effort	Rest 20 sec
-	-	3 x	66m	MAX effort	Rest 20 sec
1 x	100m	1 x	100m	Easy	Rest 30 sec
2 x	200m	2 x	200m	1 – 2 Descend, last 200m MAX effort	Rest 20 sec
4 x	50m	-	-	MAX effort	Rest 20 sec
-	-	3 x	66m	MAX effort	Rest 20 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.4km

3000M ADVANCED SWIM PROGRAM

SESSION 14 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	400m	1 x	400m	Mixed strokes	
8 x	50m	-	-	Swim as: 1x 25m Single Arm Drill 1x 25m Swim	Rest 5 sec
-	-	6 x	66m	Swim as: 1x 33m Single Arm Drill 1x 33m Swim	Rest 5 sec
4 x	100m	4 x	100m	Pull Technique	Rest 10 sec
6 x	50m	-	-	Spikes	Rest 20 sec
-	-	9 x	33m	Spikes	Rest 15 sec
1 x	200m	1 x	200m	Easy swim	

Main set					
2 x	600m	2 x	600m	Build every 200m 1st 600m Pull 2nd 600m Swim	Rest 20 sec
6 x	50m	-	-	Explodes	Rest 20 sec
-	-	9 x	33m	Explodes	Rest 20 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.5km

3000M ADVANCED SWIM PROGRAM

SESSION 15 – POOL

50/25M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
1 x	200m	1 x	200m	Swim	
1 x	200m	1 x	200m	Pull	
1 x	200m	1 x	200m	Choice Swim	
6 x	100m	6 x	100m	1 – 3 Descend swim, last 100m 90% effort	Rest 10 sec
1 x	100m	1 x	100m	Easy Swim	

Main set					
3 x	100m	3 x	100m	Pull 1 – 3 Descend	Rest 15 sec
3 x	200m	3 x	200m	Pull 1 – 3 Descend	Rest 15 sec
1 x	100m	1 x	100m	Easy Swim	Rest 20 sec
10 x	50m	-	-	Explodes	Rest 15 sec
	-	15 x	33m	Explodes	Rest 15 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 2.9km

3000M ADVANCED SWIM PROGRAM

SESSION 16 – OCEAN

OCEAN			
REPS	DISTANCE	SWIM SET	COMMENTS

Main set			
60 min		Swim Continuous as: 10 min swim at 70% effort 10 min Build from 70% to 90% 10 min Swim at 70% effort 10 min Build from 80% to 95% 10 min Swim at 70% effort 10 min Build from 80% to 95%	

NB:

70% effort swims – technique. Work on Breathing patterns, practice breathing both sides

Build Efforts – Breath to one side only. Last 2 min of the 10 min swim should be at MAX effort.

Practice sighting every 20 – 30 strokes

Total program duration = 60min

3000M ADVANCED SWIM PROGRAM

SESSION 17 – POOL

50/25M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
1 x	600m	1 x	600m	Mixed strokes	
3 x	200m	-	-	Last 25m of every 100m, either Polo or Drill	
-	-	3 x	200m	Last 33m of every 100m, either Polo or Drill	
1 x	300m	1 x	300m	Kick	
6 x	50m	-	-	Technique Breathe every 6th stroke	Rest 10 sec
-	-	9 x	33m	Technique Breathe every 6th stroke	Rest 10 sec
1 x	100m	1 x	100m	Easy Swim	

Main set					
6 x	200m	6 x	200m	Either Swim or Pull as: 1 x 200m moderate effort 1 x 200m MAX effort	Rest 15 sec Rest 30 sec
6 x	50m	-	-	Breathing every 6th stroke, last 25m of every 50m MAX	Rest 20 – 30 sec
-	-	9 x	33m	Breathing every 6th stroke, last 33m of every 66m MAX	Rest 20 – 30 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.6km

3000M ADVANCED SWIM PROGRAM

SESSION 18 – POOL

50/25M POOL		33M POOL			
REPS	DISTANCE	REPS	DISTANCE	SWIM SET	COMMENTS

Warm up					
1 x	200m	1 x	200m	Free Swim	
4 x	100m	4 x	100m	1x 100m Pull 1x 100m Kick	Rest 10 sec Rest 10 sec
1 x	200m	1 x	200m	Free Swim	
4 x	100m	4 x	100m	1x 100m Drill 1x 100m Swim	Rest 10 sec Rest 10 sec
4 x	50m	-	-	Spikes	Rest 20 sec
		3 x	66m	Spikes	Rest 20 sec
1 x	200m	1 x	200m	Easy Swim	

Main set					
2 x	800m	2 x	800m	Pull as alternating pace, as 100m fast, 100m easy	Rest 30 sec at end of 800m
6 x	50m	-	-	MAX Finishes	Rest 15 sec
-	-	9 x	33m	MAX Finishes	Rest 15 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.7km

3000M ADVANCED SWIM PROGRAM

SESSION 19 – POOL

50/25M POOL		33M POOL			
REPS	**DISTANCE**	**REPS**	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up					
12 x	100m	-	-	Swim as: 4x 100m choice strokes 4x 100m Technique free breathing every 4th or 5th stroke 4x 100m build last 25m of every 100m MAX	Rest 10 sec Rest 10 sec Rest 10 sec
-	-	12 x	100m	Swim as: 4x 100m choice strokes 4x 100m Technique free breathing every 4th or 5th stroke 4x 100m build last 33m of every 100m MAX	Rest 10 sec Rest 10 sec Rest 10 sec
1 x	400m	1 x	400m	Hypoxic breathing every 3, 5, 7	
4 x	50m	-	-	Spikes	Rest 15 sec
-	-	3 x	66m	Spikes	Rest 15 sec
1 x	100m	1 x	100m	Easy Swim	

See next page

3000M ADVANCED SWIM PROGRAM

Main set					
32 x	50m	-	-	Pull as: 4x50m at 80% effort 4x50m at 85% effort 4x50m at 90% effort 4x50m at 100% effort	 Rest 5 sec Rest 10 sec Rest 15 sec Rest 20 sec
-	-	24 x	66m	Pull as: 4x66m at 80% effort 4x66m at 85% effort 4x66m at 90% effort 4x66m at 100% effort	 Rest 5 sec Rest 10 sec Rest 15 sec Rest 20 sec
32 x	50m	-	-	Pull as: 4x50m at 80% effort 4x50m at 85% effort 4x50m at 90% effort 4x50m at 100% effort	 Rest 5 sec Rest 10 sec Rest 15 sec Rest 20 sec
-	-	24 x	66m	Pull as: 4x66m at 80% effort 4x66m at 85% effort 4x66m at 90% effort 4x66m at 100% effort	 Rest 5 sec Rest 10 sec Rest 15 sec Rest 20 sec

Warm down					
1 x	200m	1 x	200m	Easy swim	

Total program distance = 3.7km

3000M ADVANCED SWIM PROGRAM

SESSION 20 – OCEAN

OCEAN			
REPS	**DISTANCE**	**SWIM SET**	**COMMENTS**

Warm up			
10 min	600m – 800m	Easy Swim, mix up strokes	
10 min	600m – 800m	Strong Swim at 75% effort	

Main set			
	50m – 100m	From the Shore: Run, Wade and Dolphin Dive into water, swim 50 strokes at MAX effort	
		Turn at Speed, practicing buoy turn	
	50m – 100m	From the Water: Swim back to shore, easy	1 min rest

NB: Repeat complete set 10 times

Warm down			
5 min	300m – 400m	Easy swim	

Total program duration = 55min