



WK 9 - Session 1

Aerobic swim pace, focus on swim technique

Main set: Aerobic swim pace, Pull and speed

Today - you need pull buoy or paddles

WARM UP

1.1 km

400 Easy swim

2x150 (50 drill / 100 swim), rest 10sec

4x25 Sprint, rest 15sec

50-100-50-100, rest 15 sec

focus on technique

MAIN SET

1.4 km

Aerobic pace swim

2x300 PULL, rest 20sec

4x100 PULL (25 speed / 75 easy) rest 20sec

2x200 Swim, rest 10 sec

SWIM DOWN

0.2 km

200 Easy

total

2.7 km



WK 9 - Session 2

Anaerobic swim pace, Drill your choice

Main set: work hard, high intensity set

WARM UP

1.3 km

400 Easy swim

3x100 (50 drill / 50 swim), rest 15sec

2x100 Tech swim, rest 10 sec

4x50 (25 sprint / 25 easy), rest 10sec

200 Easy

Main set: 1.4km

MAIN SET

1.4 km

A/T pace = C/T - 5sec

4x150 Hard, rest 15sec

-----extra 30sec rest-----

5x100 Hard, rest 10sec

-----extra 30sec rest-----

6x50 Hard, rest 5 sec

SWIM DOWN

0.2 km

200 Easy

total

2.9 km





WK 9 - Session 3

Speed session

*Main set: focus is on fast 50's swim,
easy swim is active recovery*

WARM UP

1.2 km

400 Easy swim
4x50 Drill of your choice, rest 15sec
200 Tech swim
4x50 breathing 3/5, rest 20sec
200 Swim

MAIN SET

1.4 km

6x50 (25 sprint / 25 easy), rest 15sec
200 Aerobic pace
6x50 (2x 50H, 2x50E, 2x 50H), rest 20sec
200 Aerobic pace
4x50 MAX speed, rest 30sec
200 Aerobic pace

SWIM DOWN

0.2 km

200 Easy

total

2.8 km

WK 9 - Session 4



Aerobic swim pace

OCEAN SWIM

Aerobic Swim pace - ocean swim
60min

or POOL SWIM

3 km

800 Aerobic pace, rest 20sec
2x 400 Aerobic pace, rest 20 sec
4x 200 Aerobic pace, rest 20 sec
4x100 Aerobic pace, rest 20 sec
200 Easy

total

3.0 km

