



WK 7 - Session 1

Aerobic swim pace

Main set: long distance swim focus on long stroke,
you need pull buoy today!

WARM UP 1 km

400 Easy swim
2x100 (50catch up drill / 50 swim), rest 15sec
4x50 Count strokes per 50's, rest 15sec
200 Easy swim

MAIN SET 1 km

500 Pull swim, Aerobic swim pace
500 Aerobic swim pace,
during 5th and 10th 50m focus on
long stroke

SWIM DOWN 0.2 km

200 easy

total 2.2 km



WK 7 - Session 2

Anaerobic swim pace

Main set: for 100's, maintain swim pace

WARM UP 0.9 km

200 Easy swim
100 Catch up drill
100 Tech. swim
2x50 Catch up drill
4x50 (25 sprint / 25 easy), rest 15sec
200 Easy

MAIN SET 1 km

Anaerobic swim pace
10x100 Maintain swimming pace, rest 20sec
record your swim times

SWIM DOWN 0.2 km

200 choice

total 2.1 km





WK 7 - Session 3

Easy swim pace, Long distance swim
Main set: building aerobic endurance - easy swim

WARM UP

1 km

400 Easy swim

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

4x100 Focus only on technique,
easy swim pace, rest 20sec

MAIN SET

0.8 km

800 swim Aerobic pace

SWIM DOWN

0.2 km

200 easy

total

2.0 km

WK 7 - Session 4



Aerobic swim pace

OCEAN SWIM

45min - 60min swim

or POOL SWIM

2 km

800 Aerobic pace, rest 30 sec

200 Good pace, rest 30 sec

800 Aerobic pace, rest 30 sec

200 Good pace, rest 30 sec

total

2.0 km