

WEEK 1: 1 hour session 1.5km - 2km

Session 1	Session 2	Session 3	Session 4	NOTES			
<p>FOCUS THIS WEEK IS ON: Aerobic endurance Aerobic swim pace, technique work, power stroke Technique: work on body position, long stroke and DPS DRILLS: catch up drill, catch up speed drill</p>							
<p style="text-align: center;"><i>Aerobic swim pace focus on body rotation and on stroke Main set: Aerobic + power</i></p>	<p style="text-align: center;"><i>Combination fast - easy Main set: Aerobic and fast swim pace</i></p>	<p style="text-align: center;"><i>Aerobic swim pace Main set: focus on increasing power in stroke</i></p>	<p style="text-align: center;"><i>Ocean Swim 2 km swim or pool session</i></p>	<p>Aerobic pace - HR 140-150 easy swim pace, relaxed breathing, able to swim distance without fatigue Good pace - moderate swim pace, faster than aerobic pace Fast swim - high intensity swim Power stroke - increase <u>power</u> (not speed) of your stroke Count stroke - count your strokes as you push off the wall DPS = distance per stroke, reduce no. of strokes per lap Drill - is tech. exercise to improve your swim technique Rest day - to be added ideally between the two sessions Tech. swim - swim and focus on swim technique not speed or time Feel water - relax and feel the water during the stroke Catch up drill - see video</p>			
<p>w/up: 1km 400 Fs 4x100 on 2min (25 catch up drill / 75swim) 25 catch up speed drill / 75 swim) 200 Tech. swim focus: 1. feel water - stroke 2. relax shoulders Main set: 0.8km 2x100 Aerobic pace, rest 15sec 4x50 Good pace, rest 15sec - use power in stroke 200 breathing 3-5str. 4x50 on 1min good swim pace power-stroke swim down: 0.2km 200 choice</p>	Rest day	<p>w/up: 0.8km 200 Fs swim 2x100 (50 drill / 50 swim), rest 15sec 100 easy 4x50 Count strokes per 50m, rest 10sec 100 Tech. swim Main set: 0.7km 2x100 Easy, rest 10sec 1x100 Fast pace, rest 30sec 1x200 Easy 4x50 Fast pace, rest 20sec swim down: 0.2km 200 easy swim</p>	Rest day	<p>w/up: 1km 200 Choice 200 (50 drill work on stroke/ 50 swim) 200 Easy, work on stroke and feeling the water 2x100 (25 sprint / 75 easy), rest 15sec 200 Easy Main set: 0.8km 12x50 (25 power stroke / 25 easy), rest 15sec 100 Easy 2x50 Fast swim, rest 30sec 200 Easy</p>	<p style="text-align: center;">Ocean Swim Aerobic pace</p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;">or pool session 5x200 rest 20sec 400-300-200-100 rest 20sec</p>		
2		1.7		2	2	TOTAL KM	7.7

WEEK 2: 1 hour session 1.5km - 2km						
Session 1		Session 2		Session 3	Session 4	NOTES
<p>FOCUS THIS WEEK IS ON: Aerobic endurance Improve swim technique, record 400m swim time Technique: Body position, rotation, relax recovery, kick Drills: 6-10side kicks + 3strokes, 6 side kicks - 5 strokes</p>						
<p><i>Aerobic swim pace</i> Main set: <i>focus on tech.</i> <i>long stroke, body position</i> <i>and relax shoulders</i></p>	Rest day	<p>Main set: 400m time trials - hold steady swim pace and record your 400m time!</p>	Rest day	<p><i>Aerobic swim pace</i> Main set: <i>Aerobic tech swim</i> <i>work on body rotation</i> <i>focus on catch and full stroke</i></p>	<p>2km Ocean Swim or pool session</p>	<p>Desc. - descending = decreasing swim time (so increasing swim speed) 1st 50m swim time 50sec. 2nd 50m swim time 45sec 3rd 50m swim time 40sec... Drill - is tech. exercise to improve your swim technique Rest day - to be added ideally between two sessions Rest 10sec - amount of rest time between distances Tech. swim - swim and focus on swim technique not speed or time kick-swim - swim fs with <u>fast freestyle kick</u> Fast swim - high intensity pace Good pace - moderate swim pace faster then aerobic pace fs - freestyle swim Time trial - record your 400m time completed; this will be used to calculate your C/T pace for next week's program</p>
<p>w/up: 1 km 400 Fs slow swim 4x100 (50 drill / 50 swim), rest 15sec 200 focus on long stroke Main set: 1.1km 3x100 Tech. swim, rest 20sec 50-100-150-200-150-100-50 Aerobic pace, rest 20sec swim down: 0.2km 200 choice</p>		<p>w/up : 0.9km 200 Fs 3x100 (50 drill / 50 swim), rest 20sec 4x50 Desc 1-4, rest 15sec 200 Tech. swim Main set: 1km Good swim pace <u>400 TIME TRIAL = fast swim</u> Record your time! 2min rest 4x50 rest 5 sec 2x100 rest 10sec 4x50 rest 5 sec Swim Down: 0.2km 200 choice</p>		<p>w/up: 1km 400 w/up 4x50 (25 drill / 25 swim), rest 15sec 200 Tech. swim 2x100 (50 kick-swim / 50 swim), rest 15sec Main set: 0.9km 200 Aerobic pace 4x50 Tech. swim, rest 15sec 150 Aerobic pace 3x50 Tech. swim, rest 10sec 100 Aerobic pace 2x50 Fast swim, rest 5sec swim down: 200 200 choice</p>	<p>Ocean Swim Aerobic pace</p> <p>----- or pool session 4x250 rest 20sec 2x500 rest 30sec</p>	
2.3		2.1		2.1	2	TOTAL KM 8.5

WEEK 3: 1 hour session 1.5km - 2km

Session 1	Session 2	Session 3	Session 4	NOTES	
<p>FOCUS THIS WEEK IS ON: Aerobic endurance Aerobic swim pace, work on swim technique, breathing every 3rd stroke Technique: focus on catch and full stroke Drills: doggy paddle, UWR, short stroke</p>					
<p><i>Aerobic swim pace</i> Main set: Aerobic pace + power focus on stroke</p>	<p><i>Good swim pace</i> Main set: working on good swim pace and focus on propulsion</p>	<p><i>Aerobic swim pace</i> Main set: focus on catch and full stroke</p>	<p><i>2km Ocean Swim or pool session</i></p>	<p>Aerobic pace - HR 140-150 easy swim pace, relax breathing, able to swim distance without fatigue Catch action: a. glide and extend your arm - open arm pit and relax your hand b. place your hand and forearm against the water way back (from elbow) c. hold the water you caught BKS - backstroke swim HR - heart rate level Middle stroke - is pull after the catch water Breathing 3 - breathing every 3rd stroke Good pace - moderate swim pace faster then aerobic pace UWR - under water recovery arm</p>	
<p>w/up: 1km 200 Fs slow swim 2x100 breathing 3rd stroke, rest 20sec 4x50 (25 drill / 25 swim), rest 15sec 200 tech swim focus 50m on catch and 50m on finish stroke 4x50 (15m sprint / 35 easy), rest 15sec Main set: 0.7km 2x150 Aerobic pace, rest 20 sec 1x200 Aerobic pace, rest 20 sec 2x100 Increase power in stroke, rest 10sec swim down: 0.2km 200 choice</p>	Rest day	<p>w/up : 0.9km 300 Fs 2x100 (25 Bks / 75 Fs swim), rest 15sec <i>Bks - backstroke</i> 2x100 (50 drills / 50 swim), rest 15sec 4x50 Easy swim, focus on tech., rest 15sec Main set: 0.8km Good swim pace for all... 4x50 rest 10sec 2x100 rest 15sec 4x50 rest 5sec 2x100 rest 10sec Swim Down: 0.2km 200 choice</p>	Rest day		<p>w/up: 0.8km 200 w/up 2x100(25 drill / 75 swim), rest 15sec focus on catch and middle stroke 4x50 Count strokes, focus on catch and finish, rest 15sec 2x100 Tech. swim, breath. every 3rd stroke, rest 15sec Main set: 0.9km 50-100-150-200 Aerobic tech. swim, rest 20 sec 4x100 Aerobic pace, rest 10sec swim down: 200 200 choice</p>
1.9	1.9	1.9	2	TOTAL KM 7.7	

WEEK 4: 1 hour session 1.5km - 2km

Session 1	Session 2	Session 3	Session 4	NOTES	
<p>FOCUS THIS WEEK IS ON: Anaerobic endurance</p> <p>Aerobic session, anaerobic session and fartlek session (combination of hard and easy swim)</p> <p>Technique: work on propulsion-action (stroke), reaction - gliding, side body position</p> <p>DRILL: one arm drill, 6 stroke left, 6 stroke right</p>					
<p><i>Aerobic w/up session: work on stroke, reduce front drag - gliding Main set: work on tech</i></p>	<p><i>A/t set session Main set: Anaerobic endurance set focus on 4x100 and 2x200 calculate your CT before ses.</i></p>	<p><i>Fartlek set working on tech Main set: swim + 4x50 focus on catch and full stroke</i></p>	<p>Ocean Swim 2km swim</p>	<p>Swimming Intensity: Aerobic pace HR 140-150 easy swim pace Anaerobic Threshold pace A/T: HR 170-180 red face, hard swim, heavy breathing, Fartlek - play with intensity, easy - hard - easy - hard Measure your intensity: <u>C/T - Cruise Time is an average</u> 100m time from 400m time trial you did IN WK2 for example: if your 400m time was 8min, your 100m C/T is 2min; your C/T+5 is 2:05 swim pace; and C/T-5 is 1:55 swim pace Speed drill: fast one arm drill - good kick - fast stroke 6L/6R - take 6 strokes with left arm / then 6 strokes with R arm, repeat to the end</p>	
<p>w/up: 0.8km 200 Fs swim 2x100 (25 L arm drill / 75 swim focus on L arm), rest 10sec 2x100 (25 R arm drill / 75 swim focus on R arm) , rest 10sec 4x50 Count strokes, rest 15sec aim for minimum stroke per 50m Main set: 0.6km 300 Aerobic pace, rest 20sec 200 Aerobic pace, rest 20 sec 100 power stroke Swim Down: 0.2km 200 easy</p>	<p>Rest day</p>	<p>w/up: 0.8km 200 Fs 2x100 Relaxed swim, rest 15sec 2x100 (50 one arm drill 6L6R / 50swim), rest 15 sec 200 Tech. swim Main set: 1.2km 2x100 C/T+5sec rest 10sec 4x100 C/T-5sec rest 10sec 2x100 C/T+5sec rest 15sec 2x200 C/T-5 rest 15sec Swim Down: 0.2km 200 choice</p>	<p>Rest day</p>	<p>w/up: 0.8km 200 w/up 4x100 (25 one arm drill / 75 swim) on 2min speed drill fast strokes 200 easy swim Main set: 0.9 km 100 Aerobic pace, rest 20 sec 4x50 Hard swim, rest 15 sec 100 Aerobic pace, rest 20 sec 4x50 (25 sprint / 25 easy), rest 10sec 100 Aerobic pace 4x50 1H/ 1E/ 1H/ 1E, rest 20sec swim down: 200 200 choice</p>	<p>long swim aerobic swim pace or one hour swim stay safe</p> <p>----- Pool session: 400 - 200 - 300 - 200 - 300 200 - 400 rest 30sec Aerobic swim pace</p>
1.6	2.2	1.9	2	TOTAL KM 7.7	

WEEK 5: 1 hour session 1.5km - 2km

Session 1	Session 2	Session 3	Session 4	NOTES
<p>FOCUS THIS WEEK IS ON: Anaerobic endurance Aerobic swim, Anaerobic swim, Fartlek swim Technique: focus body rotation and recovery arm - relax arms, high elbow, soft entry, open armpit Drills: finger tips drag and straight arms swim</p>				
<p><i>Aerobic pace swim power work, tech. work Main set: focusing on stroke and breathing</i></p>	<p><i>A/T Anaerobic pace Main set: control swim pace hard swim + 100 easy</i></p>	<p><i>Fartlek combination of speed, power and easy swim Main set: changing intensity</i></p>	<p><i>Ocean Swim 2 km swim or pool session</i></p>	<p><i>Fartlek - play with swim speed; H = Hard swim pace, E = Easy swim pace as active recovery A/T Anaerobic Threshold pace: HR 170-180 red face, hard swim, heavy breathing Relax breathing - relaxed inhale and exhale, avoid holding breath Straight arms drill - arms are straight under and above the water, this is good for body rotation practice Fingers drag - fingers are skimming surface of the water during recovery - relax hands</i></p>
<p>w/up: 0.8km 300 Swim 2x150 (50drill / 100swim), rest 10sec 50drill as 25m straight arms swim 25 fingers drag drill 2x100 Tech. swim, rest 15sec relax hands and shoulders Main set: 1km 4x150 Aerobic pace, rest 15sec 2x50 Fast swim, rest 20sec 3x100 Aerobic pace, rest 20sec relax breathing swim down: 0.2km 200 Easy swim</p>	Rest day	<p>w/up: 0.8km 200 Swim 2x150 (50 drill / 100swim), rest 10sec 4x50 Tech. swim, rest 10sec 100 easy Main set: 1km 4x100 A/T pace, rest 15sec 1x100 Aerobic pace 2x200 A/T pace, rest 20 sec 1x100 Aerobic pace Swim down: 0.2km 200 Easy</p>	Rest day	
2	2	1.8	2	TOTAL KM 7.8

WEEK 6: 1 hour session 1.5km - 2km

Session 1	Session 2	Session 3	Session 4	NOTES	
<p>FOCUS THIS WEEK IS ON: Anaerobic endurance Aerobic swim pace, Anaerobic pace, Fartlek and pull swim, Technique: focus on stroke - high elbow, not crossing, open armpit, Drills: short stroke drill, water polo freestyle drill</p>					
<p><i>Aerobic pace swim work on middle of the stroke Main set: PULL and long stroke</i></p>	<p><i>A/T set swim pace work Main set: control steady pace extra rest 15-20sec after 3x200m</i></p>	<p><i>Aerobic pace to hard Fartlek Main set: change swim pace</i></p>	<p><i>Ocean Swim 2 km swim or pool session</i></p>	<p>Fartlek H/E - H-Hard swim pace, E-easy swim pace A/T Anaerobic Threshold pace: HR 170-180 red face, hard swim, heavy breathing Session 2/ Main Set: record your swim times for all 200m and 50m swims Pull - swim with pull buoy, no kicking, focus on body rotation Short stroke drill - swim and use only middle of the stroke, no reach out no push back. Arms are stroking wider then shoulders, drill is to improve propulsion Polo drill - short stroke swim with head about the water, good kick and keep head still</p>	
<p>w/up: 0.7km 300 Swim 4x50 (25m short strokes drill / 25m swim focus on stroke), rest 15sec 2x100 Tech. swim, rest 15sec focus on stroke Main set: 1km <i>Pull - use pull buoy</i> 4x100 Pull swim, rest 15sec 200 No pull swim 2x100 Pull swim, rest 15sec 200 No pull swim swim down: 0.2km 200 Easy swim</p>	Rest day	<p>w/up: 0.8km 200 Easy swim 2x [2x 50 drills +100 swim] rest 15sec <u>Drills</u> 1. (25 polo drill / 25 swim long stroke) 2. (25 short str. / 25 swim) 200 Easy swim Main set: 1km 3x200 A/T pace, rest 20sec 8x50 A/T pace, rest 15sec Swim down: 0.2km 200 Easy</p>	Rest day		<p>w/up: 0.8km 200 Easy swim 100 Tech. swim 4x50 One arm drills, rest 10sec 100 Tech. swim 4x50 (15m sprint / 35 easy), rest 15sec Main set: 0.9km 4x100 rest 20sec 1. 25 sprint- 75 easy 2. 50 hard - 50 easy 3. 75 easy - 25 sprint 4. 50 easy - 50 hard 100 Easy swim 2x200 (100E - 50H - 50E), rest 20sec Swim down: 0.2km 200 Easy</p>
1.9	2	1.9	2	TOTAL KM 7.8	

WEEK 7: 1 hour session 1.5km - 2km

Session 1	Session 2	Session 3	Session 4	NOTES			
<p>FOCUS THIS WEEK IS ON: Recovery week</p> <p>Aerobic swim pace, Anaerobic pace, Aerobic long distance, pull swim</p> <p>Technique: focus on body rotation, kick and reach out, long stroke</p> <p>Drill: - catch up - (body position: chest - side - chest - side)</p>							
<p>Aerobic swim pace Main set: long distance swim focus on long stroke PULL</p>	<p>Anaerobic swim pace Main set: for 100's maintain swim pace</p>	<p>Easy swim pace Long distance swim Main set: building up aerobic endurance - easy swim</p>	<p><i>Ocean Swim</i> 2 km - 2.5km swim or pool session</p>	<p><i>A/T Anaerobic Threshold pace:</i> HR 170-180 red face, hard swim, heavy breathing <i>Session 2/ Main Set:</i> record your swim times for all 100m swims</p> <p><i>Catch up drill - start on chest - both arms in front - stroke and turn body to R side - arm recovers and returns to start position, repeat with L arm taking stroke and body turning to L.</i></p> <p><i>Pull - swim with pull buoy, remember <u>no kicking!</u>, focus on body rotation</i></p> <p><i>Don't forget about RECOVERY:</i> <i>1. muscle recovery - includes stretching, massage or yoga</i> <i>2. body recovery - drink plenty of water, sleep well and adhere to healthy nutrition a</i></p>			
<p>Warm up: 1km 400 Easy swim 2x100 (50 catch up drill - 50 swim), rest 15sec 4x50 Count strokes each 50, rest 15sec 200 Easy swim Main set: 1km 500 Pull swim Aerobic swim pace 500 Aerobic swim pace on 5th and 10th 50's focus on long stroke Swim Down: 200 Easy swim</p>	Rest day	<p>Warm up: 0.9km 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: 1km Anaerobic swim pace 10x100 rest 20sec Maintain swimming pace <i>write down your swim times</i> Swim Down: 200 Easy swim</p>	Rest day		<p>Warm up: 1km 400 Easy swim 4x50 (25 drill/ 25 easy), rest 10sec 4x100 focus only on technique, rest 20sec easy swim pace Main set: 0.8km 800 Aerobic pace Swim Down: 200 Easy swim</p>	<p>Ocean Swim Aerobic pace 45min - 60min swim</p> <hr style="border-top: 1px dashed black;"/> <p>pool session 800 - 200 - 800 - 200 rest 30sec focus on 200m good pace</p>	
2.2		2.1		2	2	TOTAL KM	8.3

WEEK 8: 1 hour session 1.5km - 2km

Session 1	Session 2	Session 3	Session 4	NOTES
<p>FOCUS THIS WEEK IS ON: Endurance and speed work Aerobic swim pace, Anaerobic pace, Sprint and pull swim Technique: focus on propulsion, stroke rate (rhythm) and stroke power Drill: combination doggy paddle, short stroke 25m speed drill</p>				
<p style="text-align: center;">Aerobic pace and speed Main set: focus on power and fast stroke rate PULL</p>	<p style="text-align: center;">Anaerobic pace Main set: increasing swim pace, hard swim focus on propulsion</p>	<p style="text-align: center;">Aerobic pace and speed Main set: recovery easy swim max speed swim</p>	<p style="text-align: center;">Ocean Swim 2 km - 2.5km swim or pool session</p>	<p><i>Speed swim - high intensity swim pace, use power and high stroke rate to activate fast muscles fibres</i> <i>Speed distance - from 15m to 25m</i> <i>speed tech focus - main focus is on stroke propulsion, kick</i> <i>Recovery after speed - can be a passive rest 20-30sec or active recovery = swim slow</i> <i>DP - doggy paddle drill - recovery arm is under water after short stroke in front swimmer shoulders (see video)</i> <i>Short stroke drill - arms are stroking wider than shoulders, drill is to improve propulsion</i></p>
<p>Warm up: 1km 200 Easy swim 4x50 rest 20sec 1. 15m DP speed drill - 35 swim 2. 15m short stroke drill - 35 swim 200 swim focus on stroke 4x50 (25 sprint / 25 easy), rest 15sec 200 Easy swim Main set: 1km 2x [200 Pull rest 15sec 2x50 Pull power stroke] 100 Swim (no pull buoy) 4x50 (25 speed / 25 easy), rest 15sec 100 Easy Swim Down: 0.2km 200 Easy swim</p>	<p style="text-align: center;">Rest day</p> <p>Warm up: 0.9km 300 Easy swim 2x100 (25 speed drill / 75swim), rest 15sec 4x50 Focus on stroke, rest 10sec 200 Easy Main set: 1km 8x50 A/T pace, rest 15sec 4x100 A/T pace, rest 20sec 4x50 A/T pace, rest 10sec Swim Down: 0.2km 200 Easy swim</p>	<p style="text-align: center;">Rest day</p> <p>Warm up: 0.8km 400 Easy swim 4x100 rest 20sec focus on strokes, easy breathing and same relaxing swim tempo Main set: 1km 2x50 Hard, rest 20sec 100 Easy 4x50 (25 sprint / 25 easy), rest 20sec 200 Easy 6x50 (15m sprint / 35 easy recovery swim), rest 15sec 100 Easy Swim Down: 0.2km 200 Easy swim</p>	<p style="text-align: center;">Ocean Swim Aerobic pace 45min - 60min swim</p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;">pool session Aerobic swim pace rest 30sec. 2x500 3x400 2x200</p>	
2.2	2.1	2	2.5	TOTAL KM 8.8

WEEK 9: 1 hour session 1.5km - 2km

Session 1	Session 2	Session 3	Session 4	NOTES	
<p>FOCUS THIS WEEK IS ON: Endurance and speed work Aerobic swim pace, Anaerobic pace, Sprint and pull swim Technique: focus on stroke, body position and kick Drill: choose your favourite drill</p>					
<p>Aerobic swim pace focus on swim technique Main set: Aerobic swim pace Pull and sprint (today you need pull buoy)</p>	<p>Anaerobic swim pace Drill your choice Main set: work hard and hold the swim pace</p>	<p>Speed session Main set: focus on fast swim on 50's, easy swim is active recovery</p>	<p>Ocean Swim 2 km - 2.5km swim or pool session</p>	<p><i>Drills to choose</i> DP - doggy paddle drill - recovery arm is under water after short stroke in front swimmer shoulders Speed drill - fast DP drill or short stroke drill Short stroke drill - swim and use only middle of the stroke, no reach out no push back. Arms are stroking wider than shoulders, drill is to improve propulsion Side kick and strokes - 6 -10 side kicks + 3 strokes OR 6 side kicks + 5 strokes Straight arms drill - arms are straight under and above the water, this is good for body rotation practice Fingers drag - fingers are skimming surface of the water during recovery - relax hands</p>	
<p>Warm up: 1km 400 easy swim 2x150 (50 drill / 100 swim), rest 10sec 50-100-50-100 rest 15 sec focus on technique Main set: 1km 2x200 Pull swim, rest 20sec 4x50 (25 sprint / 25 easy) with pull buoy, rest 20sec 2x200 Swim, rest 10 sec (no pull) Swim Down: 0.2km 200 Easy swim</p>	Rest day	<p>Warm up: 0.9km 400 Easy swim 3x100(25 drill / 75 swim), rest 15sec 4x50 (25 sprint / 25 easy), rest 10sec Main set: 0.9km 6x150 Hard swim, rest 15sec Swim Down: 0.2km 200 easy swim</p>	Rest day	<p>Warm up: 0.8km 400 Easy swim 4x50 Choice of drill/s, rest 15sec 200 Tech. swim Main set: 1km 6x50 (25 sprint / 25 easy), rest 15sec 200 Easy 6x50 (2x50 hard, 2x50 easy, 2x50 hard), rest 20sec 200 Easy Swim Down: 0.2km 200 Easy swim</p>	<p>Ocean Swim Aerobic pace 60min swim</p> <hr/> <p>pool session 800 easy - 200 hard - 200easy 200 hard - 200 easy - 800 easy swim pace</p>
2.2	2	2	2.4	TOTAL KM 8.6	

WEEK 10: 1 hour session 1.5km - 2km

Session 1	Session 2	Session 3	Session 4	NOTES
<p>FOCUS THIS WEEK IS ON: Endurance and speed work Aerobic swim pace, Anaerobic pace, Speed, ocean swim focus, recovery Technique: focus on stroke, power, propulsion and body position Drill: one arm drill, work on kick, stroke, body position</p>				
<p>Aerobic pace and speed Main set: combination of Aerobic pace and 2x50 hard</p>	<p>Anaerobic pace Main set: work hard and hold the swim pace</p>	<p>Speed session Main set: focus on 4x50 fast swim easy swim is active recovery</p>	<p>Ocean Swim 2 km - 2.5km swim or pool session</p>	<p><i>One arm drill - side body position, one arm extending in front, other arm stroking, breathing every 2nd stroke</i> <i>A/T Anaerobic Threshold pace: HR 170-180 red face, hard swim, heavy breathing recording your swim times for 100m</i> <i>Sprint - fast stroke tempo and power in propulsion for 15 - 25m</i> <i>Recovery - stretching and massage may prevent injury and sickness</i></p>
<p>Warm up: 1km 400 Easy swim 4x50 (25 drill / 25 swim), rest 15sec 200 Swim 50-100-50 Count strokes each 50m, rest 15sec Main set: 0.8km 300 Aerobic pace 2x50 Hard pace, rest 20sec 200 Aerobic pace 4x50 Hard pace, rest 25 sec Swim Down: 0.2km 200 Easy swim</p>	Rest day	<p>Warm up and main set 400 Easy swim 4x50 (25 drill / 25 swim), rest 20sec 300 easy swim 4x50 (25 sprint / 25 easy), rest 20sec 200 Easy swim 4x50 1H/1E/1H/1E/, rest 20sec 200 Easy swim 4x50 (15m sprint / 35 easy), rest 15sec 200 Easy swim</p>	<p>Ocean Swim Aerobic pace 60min swim</p> <hr/> <p>pool session 400 warm up 1500m non stop swim 400 swim down</p>	
2	2	2.1	2.3	TOTAL KM 8.4

WEEK 11: 1 hour session 1.5km - 2km

Session 1	Session 2	Session 3	Session 4	NOTES
<p>FOCUS THIS WEEK IS ON: Taper and race pace preparation Aerobic pace swim, race pace swim, positive mind, focus on ocean swims and recovery Technique: focus on reaching out - gliding, stroke, kick and swim tempo Drill - fist drill with one hand or both</p>				
<p>Aerobic and race tempo swim Main set: work on your race tempo and race technique</p>	<p>Race pace work Main set: work on last part of the race (finish race pace)</p>	<p>Aerobic swim pace Main set focus on relaxed steady swim pace</p>	<p>Ocean Swim 2 km - 2.5km swim or pool session</p>	<p><i>Fist swim</i> - close your hand/s to make fist, swim freestyle - you need to use your body rotation and arms for propulsion <i>Recovery</i> - stretching and massage prevent injury and sickness <i>Aerobic pace</i> - HR 140-150 easy swim pace, relax breathing, able to swim distance without fatigue <i>Race pace</i> - focus on race swim tempo, power and mind</p>
<p>Warm up: 0.8km 300 Swim 6x50 Drills, rest 15sec 1. left fist drill 2. right fist drill 3. both hand in fist 200 Tech. swim Main set: 1.1km 2x200 Aerobic pace, rest 20sec 2x50 Race tempo, rest 20sec 2x100 Race tempo, rest 20sec 2x200 Race tempo, rest 20sec swim down: 0.2km 200 Choice</p>	<p>Rest day</p> <p>Warm up: 0.9km 400 Fs 3x100 (50 fist drill / 50 swim), rest 15sec 200 Easy swim Main set: 1km 4x100 Race pace, rest 20sec 200 Easy 4x100 Finish race pace, rest 20sec Swim Down: 0.2km 200 Choice</p>	<p>Rest day</p> <p>Warm up: 1km 400 Swim 2x100 (drill / swim), rest 15sec 4x50 (25 sprint / 25 easy), rest 15sec 200 Easy swim Main set: 1.km rest 20sec 200 Aerobic pace 400 Aerobic pace 400 Aerobic pace Swim down: 0.2km 200 Easy swim</p>	<p>Ocean Swim Aerobic pace relaxing pace 45 - 60min swim</p> <hr/> <p>pool session 5x500m rest 30 sec, aerobic pace</p>	
2.1	2.1	2.2	2.5	TOTAL KM 8.9

WEEK 12: 1 hour session 1.5km - 2km

Session 1	Session 2	Session 3	Session 4	NOTES
<p>FOCUS THIS WEEK IS ON: Taper, Race pace preparation Aerobic pace swim , race pace swim, positive mind, ocean swim, recovery Technique: focus on swim tempo, relax shoulders and good propulsion Good to know: you are ready for the swim, your preparation was great, believe in yourself, GOOD LUCK</p>				
<p>Aerobic swim pace focus on swim technique Main set: work on your race swim pace, relaxed swim</p>	<p>Aerobic pace, taper session Main Goal: relax, race pace in 50's sets</p>	<p>Ocean swim easy swim</p>	<p>RACE DAY</p>	<p><i>Race prep</i> 1. prepare your swim bag, the day before 2. two goggles (one spare!), cap, towel, wetsuit if you need, sunscreen, Vaseline, 3. go to bed early 4. Nutrition a. light dinner with carbs b. morning breakfast fruit, cereal, yogurt c. enough drink water before race 5. early registration will give you more time for preparation 6. be familiar with swim location, note buildings or trees to help you with orientation durign the swim 7. warm up your shoulders and body before the swim</p>
<p>Warm up: 400 Swim 4x100 Easy swim pace, rest 15sec focus on technique 4x50 Race pace swim, rest 20 sec 200 Easy 4x100 Practice your swim pace, rest 20sec 200 Easy swim</p>	<p>Rest day</p> <p>Warm up: 500 Swim Aerobic swim pace, rest 30sec work on propulsion, body position 6x50 Race pace swim 400 Aerobic pace 2x200 swim down and feel the water</p>	<p>Rest day</p> <p>30min easy swim</p>	<p>Good luck you are now ready</p>	
1.8	1.6	1	TOTAL KM	4.4