



## WK 12 - Session 1

*Aerobic swim pace  
focus on swim technique*

*Main set: work on your race swim pace and relax swim*

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### WARM UP

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1.2 km

600 swim  
2x100 rest 15sec easy swim pace focus on technique  
4x50 rest 20sec drills only  
200 tech swim

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### MAIN SET

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2 km

100 - 200 - 300 - 400 rest 30sec Aerobic pace  
Pull (paddles)  
Focus on stroke and propulsion  
500 Aerobic pace (5th and 10th 50m focus on Power in stroke)  
5x100 rest 15sec (25sprint / 75 Aerobic pace)

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### SWIM DOWN

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0.4 km

400 easy

total

3.6 km

## WK 12 - Session 2



*Anaerobic swim pace*

*Main set:  
15x100 time + rest 10sec*

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### WARM UP

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1.7 km

600 rest 30sec  
2x150 rest 15sec (50drill / 100swim)  
2x50 rest 20sec hard swim  
100 easy  
4x50 rest 15sec (25 sprint / 25 easy)  
400 easy swim

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### MAIN SET

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1.5 km

15x100 rest 10sec holding the same swim pace

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### SWIM DOWN

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0.4 km

400 easy

total

3.6 km





## WK 12 - Session 3

*Fartlek swim set*

*Main set: 50-100m play with Power and Speed*

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### WARM UP

1.6 km

600swim

300 (50drill/50swim

300 tech swim focus on stroke

400 easy

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### MAIN SET

2.0 km

4x50 rest 30sec hard

200 easy

3x100 rest 30 sec hard

4x50 rest 30sec easy swim

2x50max rest 30sec

200 easy

2x100 max speed rest 30sec

4x50 easy swim

4x50 max speed rest 30sec

4x50 easy swim

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### SWIM DOWN

0.4 km

400 easy

total

4.0 km

## WK 12 - Session 4



*Ocean swim*

*easy swim or pool*

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### OCEAN SWIM

4.0

1.5hours

Ocean swim non stop in same swim pace

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### or POOL SWIM

4.0 km

3x30min swim rest 1min

total

4.0 km



## NOTES

8x100 hold the same swim pace

Use time from 1000m time trial, 100m swim pace 1:30sec  
+ rest 10sec your leaving time is on 1:40sec

**Hard** swim - use Power and fast stroke rate

**Max** - swim your best time

**Easy** - active recovery swim, slow swim

**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 for improve propulsion

**Catch up drill** = start on chest- pose both hands in front - stroke and turning body to side - recovery back to chest.

**Side kick and strokes** = 6-10side kicks + 3strokes, 6 side kicks - 5 strokes

**Straight arms drill** = arms are straight in under and above the water - good for body rotation

**Finger drag** = during the recovery, fingers are skimming surface of the water - relax arm at the elbow