



WK 3 - Session 1

Aerobic swim pace

Main set: Work on stroke, aerobic pace

Pull only; focus on stroke

WARM UP

2.0 km

600 Fs slow swim

3x100 rest 20sec relax swim

breathing 5th stroke

6x50 rest 15sec (25drill / 25swim)

4x100 rest 15sec tech swim

focus on catch and on finish stroke

4x50 1min power & speed

(15m sprint / 35 easy)

200 easy swim

MAIN SET

2.0 km

4x150 rest 15sec Aerobic pace

4x200 rest 15sec Aerobic pace

6x100 rest 20sec increase power in stroke

SWIM DOWN

0.4 km

400 choice

total

4.4 km

WK 3 - Session 2

Anaerobic swim pace set

Main set: working on A/T swim pace

main tech focus on propulsion



WARM UP

2.0 km

600 Fs

3x100 rest 15sec (25 Bks / 75Fs swim)

200 Fs

4x100 rest 15sec (50drill / 50swim)

6x50 1min (25 sprint / 25 easy)

200swim

MAIN SET

2.0 km

Anaerobic threshold - high intensity swim
pace and HR 170-180

8x50 rest 10sec

4x100 rest 15sec

4x150 rest 20sec

4x100 rest 10sec

4x50 rest 5sec

SWIM DOWN

0.2 km

200 choice

total

4.2 km



WK 3 - Session 3

Aerobic pace and power stroke

Main set:

work on power and speed

WARM UP

2.0 km

600 Fs swim

2x100 mix strokes

200 freestyle swim

3x200 rest 20sec

1st: 50 drill / 50 swim repeat

2nd: count stroke last 50's

3rd: breathing every 3 strokes

400 tech swim

MAIN SET

2.0 km

**400 - 300-200-100 rest 20 sec Aerobic swim
pace**

8x 50 rest 15sec increase power in stroke

200 Aerobic pace

2x 50 rest 15sec Max power

100 Aerobic swim pace

4x50 rest 15sec Max power

SWIM DOWN

0.4 km

400 choice

total

4.4 km

WK 3 - Session 4



Ocean Swim

5 km swim

or pool session

OCEAN SWIM

5.0 km

Ocean Swim

Aerobic pace 1.5 - 2 hours

or POOL SWIM

5.0 km

1000 w/up

2x1500 Aerobic pace 1min rest

1000 swim down

total

5.0 km



NOTES

Aerobic pace - HR 140-150 easy swim pace, relax breathing, able to swim distance without fatigue

Anaerobic Threshold pace A/T:

HR 170-180 red face, hard swim, heavy breathing

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 what you caught

Abbreviations:

Bks = backstroke swim

HR = heart rate level

Middle stroke = is Pull after the catch phase

Breathing 3 = breathing every 3 strokes

Good pace = moderate swim pace; faster than aerobic pace

Mix strokes = freestyle - backstroke - breaststroke - butterfly

Bks - backstroke swim to warm up shoulders

Max Power = create the best Power in stroke

UWR = under water recovery arm