



## WK 8 - Session 1

*Aerobic pace and speed*

*Main set: swim and focus on Power and fast stroke rate*

*Pull focus on Power*

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### WARM UP

1.2 km

400 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 rest 15sec (25 sprint / 25easy)

200 easy swim

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### MAIN SET

1.6 km

2x (200 Pull rest 15sec + 4x50m Pull Power stroke)

3x 200 20sec rest - No Pull aerobic pace

4x50 rest 15sec - No Pull (25 speed / 25 easy)

200 Aerobic pace swim

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### SWIM DOWN

0.2 km

200 easy

total

3.0 km

## WK 8 - Session 2



*Anaerobic pace*

*Main set: increasing swim pace hard swim*

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### WARM UP

1.1 km

400 easy swim

3x100 rest 15sec as (25speed drill / 75swim)

4x50 rest 10sec

focus on stroke

200 easy

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### MAIN SET

1.7 km

8x50 rest 15sec A/T pace

4x100 rest 20sec A/T pace

6x50 rest 10sec A/T pace

6x100 rest 15sec A/T pace

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### SWIM DOWN

0.2 km

200 easy

total

3.0 km



## WK 8 - Session 3

*Aerobic pace and speed*  
*Main set: recovery easy swim*  
*max speed swim*

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### WARM UP

1 km

400 easy swim  
4x100 rest 20sec swim - focus on strokes and easy breathing; same relaxing swim tempo  
4x50 rest 15sec count stroke per 50m (aim for less strokes in each 50m)

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### MAIN SET

1.5 km

4x50 hard rest 20sec  
200 easy  
6x50 rest 20sec (25 speed / 25 easy)  
200 easy  
4x50 rest 15sec  
15m speed (max) / 35 easy recovery swim)  
4x50 hard 20sec rest  
200 easy

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### SWIM DOWN

0.2 km

200 easy

total

2.7 km

## WK 8 - Session 4



*Ocean Swim*  
*8-10km swim*  
*or pool session*

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### OCEAN SWIM

8 km

Ocean Swim  
Aerobic pace  
45min - 60min swim

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### or POOL SWIM

10 km

Aerobic swim pace  
1000 w/up  
80x100 on 2min  
1000 swim down

total

10.0 km



## NOTES

**Speed swim** - high intensity swim pace, use Power and high stroke rate to activate fast muscles fibres

**Speed distance** - from 15m to 25m

speed tech focus - main focus on stroke propulsion, kick

**Recovery after speed** - passive rest 20-30sec, active recovery swim slow

**DP - doggy paddle drill** - recovery arm is under water after short stroke in front swimmer shoulders

**Short stroke drill** - arms are stroking wider then shoulders, drill is for improve propulsion

### **A/T Anaerobic Threshold pace:**

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

recording your swim times for 100m and for 200m