



WK 8 - Session 1

Aerobic pace and speed

Main set: swim and focus on stroke and kick

WARM UP

1.7 km

500 easy swim
4x50 rest 15sec
(50 straight arm drill - 50 swim)
200 swim focus on body rotation
8x50 rest 15sec (breathing every 2; 50m R
breathing - 50m L breathing)
200 easy swim

MAIN SET

2 km

2x 250 rest 20sec
(50 focus on stroke - 50 focus on kick)
150 focus on stroke and kick)
4x 150 rest 20sec (swim downhill)
4x100 rest 10 sec - good pace

SWIM DOWN

0.4 km

400 easy

total

4.1 km

WK 8 - Session 2



Anaerobic pace

Main set: increasing swim pace hard swim

WARM UP

1.6 km

500 easy swim
4x 50 on 1min
relax shoulders and glide
2x200 rest 15 sec (50 straight arms drill - 50
swim)
4x 50 on 1min (15m sprint no breathing - 35
easy swim)
2x200 rest 20 sec Tech. swim

MAIN SET

2.3 km

4x100 rest 20sec A/T pace
2x 150 rest 20 sec A/T pace
4x 100 rest 15 sec Aerobic pace
2x 150 rest 10 sec A/T pace
4x 100 rest 10sec A/T pace
150-100-150-100 rest 10sec A/T pace

SWIM DOWN

0.4 km

400 easy

total

4.3 km



WK 8 - Session 3

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

WARM UP

1.7 km

500 easy swim
5x100 rest 20sec (focus on tech.
relax shoulder, gliding and long stroke)
6x50 rest 15sec
(25 drill - 25 easy swim)
400 easy tech swim

MAIN SET

2 km

300m Aerobic pace
8x50 on 1min (2x50 F, 2x50 E, 2x50 F, 2x50 E)
3x100 rest 20sec Aerobic pace
8x50 on 1min [2x50m easy tech, 2x50m fast,
2x50m easy, 2x50m (as 25m sprint/ 25easy)]
2x150 Aerobic pace
6x50 on 1min (15m E - 25m sprint - 10m E)

SWIM DOWN

0.4 km

400 easy

total

4.1 km

WK 8 - Session 4



Ocean Swim
5km swim
or pool session

OCEAN SWIM

5 km

Ocean Swim
Aerobic pace
45min - 60min swim

or POOL SWIM

5 km

Aerobic swim pace
1000 - 1500 - 1000 -
500 - 2x250 rest 20sec

total

5.0 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

E = easy

F = fast

Downhill Swim = focus on pushing top of chest into the water, to bring the hips high - it should feel like you are trying to swim downhill

A/T Anaerobic Threshold pace:

HR 170-180 red face, hard swim, heavy breathing
recording your swim times for 100m and for 200m

