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Each week, I will try and give swimmers some tips on training to improve, but swimmers must realise that if you are already under a coach on a daily basis at club level, this is unlikely to help you more than your coach. However, for the more social swimmers, the ideas should help you prepare better and aim at faster times.

The danger is that swimmers vary considerably with speed, so determining paces for programmes by correspondence is sometimes difficult. Depending on the distance already being covered and the number of days training per week, everything can just be increased or decreased relative to the model below: See which of the three levels is achievable at the start, but remember, as you train, you may improve and jump to the next level Expected number of swimming days: 4. Avoid missing training for more than 2 days in a row if possible. Suggest swimming Monday, Wednesday, Friday, Saturday or Monday, Tuesday, Thursday, Friday etc.

The distance planning to compete is 1600m (ie one mile approximately) if you are looking at competing in the Midmar Mile next year. However, these distances could just be adjusted slightly to accommodate any triathlete or masters swimmer preparing for a major competition.

Distance needed to be covered to swim a comfortable race: Between 1200m and 3000m. Next week will involve some ideas of improving your strokes with the help of drills.



## Week 1

### **SESSION 1: LEVEL 3:**

Swim 1 x 400m Freestyle at relaxed pace. Rest 60sec after 400m.  
Swim 4 x 100m Freestyle at a faster pace with 60 sec rest intervals (RI)  
Swim 1 x 300m Freestyle at a relaxed pace (like the warmup pace) RI: 60sec  
Swim 8 x 50m Freestyle at a faster pace than the 100m swims above, RI: 45sec  
Swim 1 x 200m Freestyle at a relaxed pace. RI: 60 seconds.  
Swim 4 x 25m Freestyle fast. RI: 30sec.  
Swim 1 x 100m of another stroke easy to loosen.

**TOTAL: 1900m**

### **LEVEL 2:**

Swim 1 x 200m Freestyle at relaxed pace. Rest 60sec after 400m.  
Swim 4 x 50m Freestyle at a faster pace with 60 sec rest intervals (RI)  
Swim 1 x 100m Freestyle at a relaxed pace (like the warmup pace) RI: 60sec  
Swim 8 x 25m Freestyle at a faster pace than the 50m swims above, RI: 45sec  
Swim 1 x 100m Freestyle at a relaxed pace.

**TOTAL: 800m**

### **LEVEL 1:**

Swim 1 x 100m Freestyle at relaxed pace. Rest 60sec after 400m.  
Swim 4 x 25m Freestyle at a faster pace with 60 sec rest intervals (RI)  
Swim 1 x 100m Freestyle at a relaxed pace (like the warmup pace) RI: 60sec  
Kick 4 x 25m Freestyle. RI: 45sec  
Swim 1 x 100m Freestyle at a relaxed pace.

**TOTAL: 500m**



## Week 1

### **SESSION 2:LEVEL 3**

Swim 1 x 800m Freestyle easy. RI: 60sec.  
Kick 1 x 200m Freestyle with a board. RI: 45sec  
Kick 4 x 25m Freestyle fast. RI: 45sec.  
Swim 1 x 400m Freestyle easy. RI: 60sec.  
Swim 4 x 25m Freestyle FAST. RI: 30sec.  
Swim 1 x 100m Freestyle easy.

**TOTAL: 1700m**

### **LEVEL 2:**

Swim 1 x 400m Freestyle easy. RI: 60sec.  
Kick 1 x 100m Freestyle with a board. RI: 45sec  
Kick 4 x 25m Freestyle fast. RI: 45sec.  
Swim 1 x 200m Freestyle easy. RI: 60sec.  
Swim 4 x 25m Freestyle FAST. RI: 30sec.  
Swim 1 x 100m Freestyle easy.

**TOTAL: 1000m**

### **LEVEL 1:**

Swim 1 x 100m Freestyle easy. RI: 60sec.  
Kick 1 x 50m Freestyle with a board. RI: 45sec  
Kick 2 x 25m Freestyle faster than the 50m. RI: 45sec.  
Swim 1 x 100m Freestyle easy. RI: 60sec.  
Swim 2 x 25m Freestyle FAST. RI: 30sec.  
Swim 1 x 50m Freestyle easy.

**TOTAL: 400m**



## Week 1

### **SESSION 3:LEVEL 3**

Swim 1 x 400m Freestyle easy. RI: 60 sec  
Pull 1 x 300m Freestyle easy. Try breathe every third stroke. RI: 60 sec  
Kick 1 x 200m Freestyle steady pace. RI: 60 sec  
Swim 1 x 100m of another stroke. RI: 60 sec.  
Swim 20 x 25m Freestyle at a consistent pace. RI: 30 seconds per 25m.  
Swim 1 x 100m easy to recover any stroke.

**TOTAL: 1600m**

### **LEVEL 2:**

Swim 1 x 200m Freestyle easy. RI: 60 sec  
Pull 1 x 200m Freestyle easy. Try breathe every third stroke. RI: 60 sec  
Kick 1 x 100m Freestyle steady pace. RI: 60 sec  
Swim 1 x 100m of another stroke. RI: 60 sec.  
Swim 8 x 25m Freestyle at a consistent pace. RI: 45 seconds per 25m.  
Swim 1 x 100m easy to recover any stroke.

**TOTAL: 900m**

### **LEVEL 1:**

Swim 1 x 100m Freestyle easy. RI: 60 sec  
Pull 1 x 50m Freestyle easy. Try breathe every third stroke. RI: 60 sec  
Kick 1 x 50m Freestyle steady pace. RI: 60 sec  
Swim 1 x 50m of another stroke. RI: 60 sec.  
Swim 8 x 25m Freestyle at a consistent pace. RI: 45 seconds per 25m.  
Swim 1 x 50m easy to recover any stroke.

**TOTAL: 500m**



## Week 1

### **SESSION 4: LEVEL 3:**

Swim 1 x 1200m Freestyle. During the distance, swim the first 400m easy, speed up a little between 400m and 800m, then from 900m to 1200m swim at a faster pace again but keep it consistent. RI: 2 minutes.

Swim 4 x 25m fast of any strokes. RI: 30sec.

Swim 1 x 100m easy.

**TOTAL: 1400m**

### **LEVEL 2:**

Swim 1 x 800m Freestyle. During the distance, swim the first 300m easy, speed up a little between 300m and 600m, then from 700m to 800m swim at a faster pace again but keep it consistent. RI: 2 minutes.

Swim 4 x 25m fast of any strokes. RI: 30sec.

Swim 1 x 100m easy.

**TOTAL: 1000m**

### **LEVEL 1:**

Swim 1 x 400m Freestyle. During the distance, swim the first 200m easy, speed up a little between 200m and 300m, then from 300m to 400m swim at a faster pace again but keep it consistent. RI: 2-3 minutes.

Swim 2 x 25m fast of any strokes. RI: 45sec.

Swim 1 x 50m easy to recover.

**TOTAL: 500m**



## Week 2

Session number 4 this week covers a test of 2 x 800m freestyle with a 60 seconds rest interval (RI) if you are doing level 3. Your times for both 800m swims must be recorded.

One of the main drills swimmers should learn to master for freestyle is the catch up drill. The important points are:

- 1.Streamline kick stretching out to a maximum with a solid kick.
- 2.After approximately 8 kicks, pull one complete arm cycle with a side way breath
- 3.Change/alternate arm cycles but keep the kick up consistently, concentrating on a smooth, sliding sequence of strokes

### **SESSION 1:LEVEL 3:**

Swim 1 x 300m Freestyle easy. RI 45sec.

Pull 3 x 100m Freestyle try breathing every third arm cycle. RI- 30sec

Kick8 x 50m Freestyle at steady pace. RI 30sec.

Drill8 x 25m Freestyle Catchup. RI 30sec.

Swim16 x 25m Freestyle at faster pace but even pace throughout. RI 15sec. Your last 4 x 25m's, try speed up a little more.

Swim 1 x 100m easy this is recovery so do some other strokes.

**TOTAL: 1700m**

### **LEVEL 2:**

Swim 1 x 200m Freestyle easy. RI 45sec.

Pull 2 x 100m Freestyle try breathing every third arm cycle. RI- 30sec

Kick 4 x 50m Freestyle at steady pace. RI 30sec.

Drill4 x 25m Freestyle Catchup. RI 30sec.

Swim 8 x 25m Freestyle at faster pace but even pace throughout. RI 15sec. Your last 2 x 25m's, try speed up a little more.

Swim1 x 100m easy this is recovery so do some other strokes.

**TOTAL: 1100m**

### **LEVEL 1:**

Swim 1 x 100m Freestyle easy. RI 45sec.

Pull 1 x 100m Freestyle try breathing every third arm cycle. RI- 30sec

Kick 2 x 50m Freestyle at steady pace. RI 30sec.

Drill 4 x 25m Freestyle Catchup. RI 30sec.

Swim 4 x 25m Freestyle at faster pace but even pace throughout. RI 15sec. Your last 2 x 25m's, try speed up a little more.

Swim 1 x 100m easy this is recovery so do some other strokes.

**TOTAL: 500m**



## Week 2

### SESSION 2: LEVEL 3

Swim 1 x 200m Freestyle easy. RI 45sec.  
Swim 1 x 400m Freestyle at a comfortable pace. RI 60sec.  
Swim 1 x 300m Freestyle at a faster pace than the 400m. RI 45sec.  
Swim 1 x 200m Freestyle at a faster pace than the 300m. RI 30sec.  
Swim 1 x 100m Freestyle at a faster pace than the 200m. RI 60sec.  
Drill 8 x 25m Freestyle catchup. RI 30sec.  
Swim 1 x 100m easy, choice strokes.

**TOTAL: 1500m**

### LEVEL 2:

Swim 1 x 200m Freestyle easy. RI 45sec.  
Swim 1 x 300m Freestyle. RI 45sec.  
Swim 1 x 200m Freestyle at a faster pace than the 300m. RI 45sec.  
Swim 1 x 100m Freestyle at a faster pace than the 200m. RI 60sec.  
Drill 8 x 25m Freestyle catchup. RI 30sec.  
Swim 1 x 100m easy, choice strokes.

**TOTAL: 1100m**

### LEVEL 1:

Swim 1 x 100m Freestyle easy. RI 60sec.  
Swim 1 x 200m Freestyle. RI 60sec.  
Swim 1 x 100m Freestyle at a faster pace than the 200m. RI 60sec.  
Drill 4 x 25m Freestyle catchup. RI 30sec.  
Swim 1 x 100m easy, choice strokes.

**TOTAL: 600m**



## Week 2

### **SESSION 3: LEVEL 3**

Swim 1 x 600m Freestyle easy. RI – 60sec.

Pull 4 x 100m Freestyle, again try breathe every third arm cycle.

RI – 30sec

Drill 25m left arm Freestyle, 25m right arm Freestyle, 25m Freestyle catchup, 25m Freestyle breathing every 3rd stroke. RI – 60sec.

Swim 8 x 50m Freestyle, first 25m easy, second 25m faster. RI – 30sec.

Swim 4 x 25m Freestyle as fast as possible. RI – 45sec.

Swim 1 x 100m easy choice strokes.

**TOTAL: 1700m**

### **LEVEL 2:**

Swim 1 x 300m Freestyle easy. RI – 60sec.

Pull 2 x 100m Freestyle, again try breathe every third arm cycle.

RI – 30sec

Drill 25m left arm Freestyle, 25m right arm Freestyle, 25m Freestyle catchup, 25m Freestyle breathing every 3rd stroke. RI – 60sec.

Swim 4 x 50m Freestyle, first 25m easy, second 25m faster. RI – 30sec.

Swim 4 x 25m Freestyle as fast as possible. RI – 45sec.

Swim 1 x 100m easy choice strokes.

**TOTAL: 1000m**

### **LEVEL 1:**

Swim 1 x 100m Freestyle easy. RI – 60sec.

Pull 2 x 50m Freestyle, again try breathe every third arm cycle.

RI – 30sec

Drill 25m left arm Freestyle, 25m right arm Freestyle, 25m Freestyle catchup, 25m Freestyle breathing every 3rd stroke. RI – 60sec.

Swim 2 x 50m Freestyle, first 25m easy, second 25m faster. RI – 30sec.

Swim 4 x 25m Freestyle as fast as possible. RI – 45sec.

Swim 1 x 100m easy choice strokes.

**TOTAL: 600m**





## Week 2

### **SESSION 4: LEVEL 3**

The Test Set.

Swim 1 x 400m Freestyle easy. RI – 60sec.

Swim 2 x 800m Freestyle – try keep even splits to balance your time on each 800m. You will need to keep both times for next week. RI – 60sec.

Swim 1 x 200m easy mixed strokes for recovery. **TOTAL: 2200m**

The Test Set.

Swim 1 x 200m Freestyle easy. RI – 60sec.

Swim 2 x 400m Freestyle – try keep even splits to balance your time on each 400m. You will need to keep both times for next week. RI – 60sec.

Swim 1 x 100m easy mixed strokes for recovery.

**TOTAL: 1100m**

### **LEVEL 1:**

The Test Set.

Swim 1 x 100m Freestyle easy. RI – 60sec.

Swim 2 x 200m Freestyle – try keep even splits to balance your time on each 200m. You will need to keep both times for next week. RI – 60sec.

Swim 1 x 100m easy mixed strokes for recovery.

**TOTAL: 600m**



## Week 3

Last week you had a test set of 2 x 800m freestyle with 60 seconds rest. The third week will end with a test of 4 x 400m freestyle swims with 45 seconds rest between each for level 3. The times of each 400m swim must be recorded and the aim is to see if your total time and therefore the average time, is faster than your total time and average the previous week. (ie for the 2 x 800m set)

Although you have slightly less rest during the 400m swims, you should try and average a slightly faster pace for the shorter distances. If you decrease your time by just 2 seconds per 100m, this will accumulate to a faster time by 32 seconds on your overall time.

However, your sessions prior to the test become important in that you must start aiming at what pace you are comfortable with. Therefore you will do quite a few extra 100m and 50m repeat swims this week.

### **SESSION 1: LEVEL 3:**

Swim 1 x 500m freestyle at warmup pace. RI: 60sec.  
Swim 5 x 100m freestyle at a faster but comfortable pace. RI: 30sec.  
Kick 1 x 300m freestyle at a steady pace. RI: 60sec  
Swim 12 x 25m freestyle at a fast pace but not sprinting. RI: 20sec.  
Swim 1 x 100m easy other strokes.

**TOTAL: 1700m**

### **LEVEL 2:**

Swim 1 x 300m freestyle at warmup pace. RI: 60sec.  
Swim 3 x 100m freestyle at a faster but comfortable pace. RI: 30sec.  
Kick 1 x 200m freestyle at a steady pace. RI: 60sec  
Swim 8 x 25m freestyle at a fast pace but not sprinting. RI: 20sec.  
Swim 1 x 100m easy other strokes.

**TOTAL: 1100m**

### **LEVEL 1:**

Swim 1 x 200m freestyle at warmup pace. RI: 60sec.  
Swim 2 x 100m freestyle at a faster but comfortable pace. RI: 30sec.  
Kick 1 x 100m freestyle at a steady pace. RI: 60sec  
Swim 4 x 25m freestyle at a fast pace but not sprinting. RI: 20sec.  
Swim 1 x 100m easy other strokes.

**TOTAL: 700m**



## Week 3

### **SESSION 2:LEVEL 3:**

Swim 1 x 300m freestyle warmup. RI: 60sec

Swim 16 x 50m freestyle – No 1-4 easy, No 5-8 faster, No 9-12 faster, No 13-16 faster but not a sprint. RI: 30 sec.

Kick 8 x 25m freestyle fast. RI: 20sec.

Swim 8 x 50m freestyle at pace of No's 9-16 above. RI: 30 sec.

Swim 1 x 100m easy.

**TOTAL: 1800m**

### **LEVEL 2:**

Swim 1 x 200m freestyle warmup. RI: 60sec

Swim 12 x 50m freestyle – No 1-4 easy, No 5-8 faster, No 9-12 faster but not a sprint. RI: 30 sec.

Kick 8 x 25m freestyle fast. RI: 20sec.

Swim 4 x 50m freestyle at pace of No's 9-16 above. RI: 30 sec.

Swim 1 x 100m easy.

**TOTAL: 1300m**

### **LEVEL 1:**

Swim 1 x 200m freestyle warmup. RI: 60sec

Swim 4 x 50m freestyle – No 1-4 descend RI: 30 sec.

Kick 8 x 25m freestyle fast. RI: 20sec.

Swim 4 x 50m freestyle at pace of No's 9-16 above. RI: 30 sec.

Swim 1 x 100m easy.

**TOTAL: 900m**



## Week 3

### **SESSION 3: LEVEL 3:**

Swim 1 x 400m freestyle warmup. RI: 60 sec.  
Pull 1 x 300m freestyle breathing every 3rd stroke/armcycle. RI: 45sec  
Kick 1 x 200m freestyle steady pace. RI: 30sec.  
Swim 1 x 100m any other stroke easy. RI: 60sec.  
Swim 8 x 100m freestyle, hold comfortable pace on no's 1-4 and speeding up on no's 5-8. RI: 30 sec.  
Swim 1 x 100m easy for recovery.

**TOTAL: 1900m**

### **LEVEL 2:**

Swim 1 x 300m freestyle warmup. RI: 60 sec.  
Pull 1 x 200m freestyle breathing every 3rd stroke/armcycle. RI: 45sec  
Kick 1 x 100m freestyle steady pace. RI: 30sec.  
Swim 1 x 100m any other stroke easy. RI: 60sec.  
Swim 4 x 100m freestyle, hold comfortable pace on no's 1-4. RI: 30 sec.  
Swim 1 x 100m easy for recovery

**TOTAL: 1200m**

### **LEVEL 1:**

Swim 1 x 200m freestyle warmup. RI: 60 sec.  
Pull 1 x 100m freestyle breathing every 3rd stroke/armcycle. RI: 45sec  
Kick 1 x 100m freestyle steady pace. RI: 30sec.  
Swim 1 x 100m any other stroke easy. RI: 60sec.  
Swim 8 x 50m freestyle, hold comfortable pace on no's 1-4 and speeding up on no's 5-8. RI: 30 sec.  
Swim 1 x 100m easy for recovery

**TOTAL: 1000m**



## Week 3

### **SESSION 4: The second test. Total = 1900m LEVEL 3:**

Swim 1 x 200m freestyle warmup. RI: 60sec.  
Swim 4 x 400m freestyle. RI: 45sec. Pace faster than the 800m swims last week.  
Swim 1 x 100m easy recovery.

### **LEVEL 2:**

Swim 1 x 200m freestyle warmup. RI: 60sec.  
Swim 4 x 200m freestyle. RI: 45sec. Pace faster than the 400m swims last week.  
Swim 1 x 100m easy recovery.

### **LEVEL 1:**

Swim 1 x 100m freestyle warmup. RI: 60sec.  
Swim 4 x 100m freestyle. RI: 45sec. Pace faster than the 800m swims last week.  
Swim 1 x 100m easy recovery.

Remember to keep your times from the test set. Next week will give you a good idea how much you are improving. Good luck and keep up the hard work!



## Week 4

This week sees a few longer swims to add a little “endurance” to your four training sessions and ends with the third test set to monitor your progress. Please remember that this is a model supplied for various abilities, so some more advanced swimmers may be doubling the mileage while other “weaker” swimmers may cut back on the mileage slightly. This is only a guide and I hope some of you have not been frightened away.

### **SESSION 1: LEVEL 3:**

Swim 1 x 600m Freestyle. RI: 60sec

Pull 1 x 300m Freestyle Breathe every 3rd stroke. RI: 45sec

Kick 2 x 100m Freestyle, 75m easy and 25m fast on each. RI: 30sec

Swim 1 x 400m Freestyle, first 200m easy and 2nd 200m faster (ie negative split). RI: 45sec

Swim 4 x 100m Freestyle, 50m easy 50m faster (ie again negative split). RI: 30sec

Swim 1 x 100m easy other strokes. **TOTAL: 2000m LEVEL 2:**

Swim 1 x 400m Freestyle. RI: 60sec

Pull 1 x 200m Freestyle Breathe every 3rd stroke. RI: 45sec

Kick 2 x 100m Freestyle, 75m easy and 25m fast on each. RI: 30sec

Swim 1 x 200m Freestyle, first 100m easy and 2nd 100m faster (ie negative split). RI: 45sec

Swim 2 x 100m Freestyle, 50m easy 50m faster (ie again negative split). RI: 30sec

Swim 1 x 100m easy other strokes.

**TOTAL: 1300m**

### **LEVEL 1:**

Swim 1 x 200m Freestyle. RI: 60sec

Pull 1 x 100m Freestyle Breathe every 3rd stroke. RI: 45sec

Kick 1 x 100m Freestyle, 75m easy and 25m fast on each. RI: 30sec

Swim 1 x 200m Freestyle, first 100m easy and 2nd 100m faster (ie negative split). RI: 45sec

Swim 1 x 100m Freestyle, 50m easy 50m faster (ie again negative split). RI: 30sec

Swim 1 x 100m easy other strokes.

**TOTAL: 800m**



## Week 4

### SESSION 2:LEVEL 3:

Swim 1 x 800m Freestyle at a comfortable pace. RI: 60sec  
Swim 1 x 400m Freestyle slightly faster. RI: 60sec  
Swim 1 x 200m Freestyle again faster than the 400m pace. RI: 60sec  
Swim 1 x 100m Freestyle fast to see your time. RI: 60sec  
Kick 8 x 25m Freestyle easy. RI: 30sec  
Swim 4 x 50m Freestyle descending (ie going faster from No1 to No4). RI: 30sec  
Swim 1 x 100m easy other strokes. **TOTAL: 2000m**

Swim 1 x 400m Freestyle at a comfortable pace. RI: 60sec  
Swim 1 x 200m Freestyle slightly faster. RI: 60sec  
Swim 1 x 200m Freestyle again faster than the 400m pace. RI: 60sec  
Swim 1 x 100m Freestyle fast to see your time. RI: 60sec  
Kick 8 x 25m Freestyle easy. RI: 30sec  
Swim 4 x 50m Freestyle descending (ie going faster from No1 to No4). RI: 30sec  
Swim 1 x 100m easy other strokes.

**TOTAL: 1400m**

### LEVEL 1:

Swim 1 x 200m Freestyle at a comfortable pace. RI: 60sec  
Swim 1 x 200m Freestyle slightly faster. RI: 60sec  
Swim 1 x 100m Freestyle again faster than the 200m pace. RI: 60sec  
Swim 1 x 100m Freestyle fast to see your time. RI: 60sec  
Kick 4 x 25m Freestyle easy. RI: 30sec  
Swim 4 x 25m Freestyle descending (ie going faster from No1 to No4). RI: 30sec  
Swim 1 x 100m easy other strokes.

**TOTAL: 900m**



## Week 4

### **SESSION 3:LEVEL 3:**

Swim 1 x 400m Freestyle. RI: 60sec

Pull 1 x 400m Freestyle. RI: 45sec

Kick 1 x 400m Freestyle. RI: 30sec

Swim 1 x 400m Freestyle Negative split. **TOTAL: 1600m**

Swim 1 x 300m Freestyle. RI: 60sec

Pull 1 x 300m Freestyle. RI: 45sec

Kick 1 x 300m Freestyle. RI: 30sec

Swim 1 x 300m Freestyle Negative split.

**TOTAL: 1200m**

### **LEVEL 1:**

Swim 1 x 200m Freestyle. RI: 60sec

Pull 1 x 200m Freestyle. RI: 45sec

Kick 1 x 200m Freestyle. RI: 30sec

Swim 1 x 200m Freestyle Negative split.

**TOTAL: 800m**





## Week 4

### **SESSION 4: The Test Set No 3.**

#### **LEVEL 3:**

Swim 1 x 400m Freestyle easy. RI: 90sec

Swim 8 x 200m Freestyle. RI: 30sec. Aim is to be faster per 100m than the 400m swims from the last test week. Know what times you were doing on each 200m. Add them and see if you went faster than your total 1600m from week 2, test no 1 and week 3 test no 2.. Your overall 1600m time should be decreasing over this period therefore your per 100m pace times are improving. If not, avoid panicking as you may just be physically tired from the training. The effort is the important point.

Swim 1 x 100m other strokes to recover. **TOTAL: 2100m**

Swim 1 x 300m Freestyle easy. RI: 90sec

Swim 8 x 100m Freestyle. RI: 30sec. Aim is to be faster per 100m. Know what times you were doing on each 100m. Add them and see if you went faster than your total 800m from week 2, test no 1 and week 3 test no 2.

Swim 1 x 100m other strokes to recover. **TOTAL: 1200m**

#### **LEVEL 1:**

Swim 1 x 200m Freestyle easy. RI: 90sec

Swim 8 x 50m Freestyle. RI: 30sec. Aim is to be faster per 50m Know what times you were doing on each 50m.

Swim 1 x 100m other strokes to recover.

**TOTAL: 700m**



## Week 5

This week there is a combination of endurance work and speed work this week

### **SESSION 1:LEVEL 3:**

Swim 1 x 800m Freestyle (speed up on the second 400m, ie negative split). RI: 60sec

Swim 2 x 400m Freestyle – again negative split each. RI: 45sec

Swim 8 x 25m Freestyle at maximum speed. RI: 45sec

Swim 1 x 200m slowly with mixed strokes. **TOTAL: 2000m**

### **LEVEL 2:**

Swim 1 x 400m Freestyle (speed up on the second 400m, ie negative split). RI: 60sec

Swim 2 x 200m Freestyle – again negative split each. RI: 45sec

Swim 8 x 25m Freestyle at maximum speed. RI: 45sec

Swim 1 x 200m slowly with mixed strokes

**TOTAL: 1200m**

### **LEVEL 1:**

Swim 1 x 200m Freestyle (speed up on the second 400m, ie negative split). RI: 60sec

Swim 2 x 100m Freestyle – again negative split each. RI: 45sec

Swim 8 x 25m Freestyle at maximum speed. RI: 45sec

Swim 1 x 200m slowly with mixed strokes

**TOTAL: 800m**



## Week 5

### **SESSION 2: LEVEL 3:**

Swim 1 x 400m Freestyle easy. RI: 60sec  
Swim 1 x 400m Freestyle negative split. RI: 45sec  
Pull 2 x 100m Freestyle breathing every third stroke. RI: 30sec  
Kick 8 x 50m Freestyle, first 25m easy then 25m fast. RI: 30sec  
Swim 6 x 100m Freestyle, first 50m easy then 50m fast. RI: 45sec  
Swim 2 x 100m other strokes easy. RI: 30sec

**TOTAL: 2200m**

Swim 1 x 200m Freestyle easy. RI: 60sec  
Swim 1 x 200m Freestyle negative split. RI: 45sec  
Pull 2 x 100m Freestyle breathing every third stroke. RI: 30sec  
Kick 4 x 50m Freestyle, first 25m easy then 25m fast. RI: 30sec  
Swim 3 x 100m Freestyle, first 50m easy then 50m fast. RI: 45sec  
Swim 2 x 50m other strokes easy. RI: 30sec

**TOTAL: 1200m**

### **LEVEL 1:**

Swim 1 x 200m Freestyle easy. RI: 60sec  
Swim 1 x 100m Freestyle negative split. RI: 45sec  
Pull 2 x 50m Freestyle breathing every third stroke. RI: 30sec  
Kick 4 x 50m Freestyle, first 25m easy then 25m fast. RI: 30sec  
Swim 2 x 100m Freestyle, first 50m easy then 50m fast. RI: 45sec  
Swim 2 x 50m other strokes easy. RI: 30sec

**TOTAL: 900m**



## Week 5

### **SESSION 3:LEVEL 3:**

Swim 1 x 1000m Freestyle, speed up a little after each 250m. RI: 90sec  
Pull 1 x 400m Freestyle breathing every third stroke. RI: 45sec  
Swim 8 x 50m Freestyle – try a fast pace but consistent. RI: 60sec  
Swim 1 x 200m easy of other strokes**TOTAL: 2000m**

Swim 1 x 500m Freestyle, speed up a little after 250m. RI: 90sec  
Pull 1 x 200m Freestyle breathing every third stroke. RI: 45sec  
Swim 8 x 50m Freestyle – try a fast pace but consistent. RI: 60sec  
Swim 1 x 200m easy of other strokes

**TOTAL: 1300m**

### **LEVEL 1:**

Swim 1 x 300m Freestyle, speed up a little after 250m. RI: 90sec  
Pull 1 x 200m Freestyle breathing every third stroke. RI: 45sec  
Swim 4 x 50m Freestyle – try a fast pace but consistent. RI: 60sec  
Swim 1 x 200m easy of other strokes

**TOTAL: 900m**



## Week 5

### **SESSION 4: LEVEL 3:**

Swim 1 x 200m easy for a warm-up.  
Swim 16 x 100m Freestyle, try keep your time consistent. RI: 30sec  
Swim 1 x 200m easy to recover. **TOTAL: 2000m**

Swim 1 x 200m easy for a warm-up.  
Swim 8 x 100m Freestyle, try keep your time consistent. RI: 30sec  
Swim 1 x 200m easy to recover.

**TOTAL: 1400m**

### **LEVEL 1:**

Swim 1 x 200m easy for a warm-up.  
Swim 8 x 50m Freestyle, try keep your time consistent. RI: 20sec  
Swim 1 x 200m easy to recover.

**TOTAL: 800m**



## Week 6

The next week will involve some sessions working on speed and some on recovery and technique. The end of the week will involve another test set which is really a test of establishing your best pace and tempo of your stroke, even if it is breaststroke. Introducing some drills to improve your technique unfortunately will only help those doing freestyle.

The catch-up freestyle drill is the best drill to work on the timing in freestyle. But first, the correct body position must be established. Stand straight up with your arms extended to a maximum over the top of your head and stretch that little bit extra. Doing this on the surface of the water with pointed toes is the basic streamline position. Practice this a few times to feel how smooth you can glide with a push-off from the wall. Aim at least at 5-7m. Once comfortable, introduce a kick to give you some forward acceleration.

The next step will be to add individual arm cycles with a breath on each side. After at least eight kicks, do one complete left arm pull, also breathing to the left and placing the hand back in the streamline position above the right hand. After another eight kicks later you will then do a right arm pull breathing to the right and placing the right hand over the left hand on completion of the arm cycle. Again you end up in the streamline position. The arm pulls alternate after approximately eight kicks but it is important to keep the kick continuous during the arm pulls as well.

We will try this drill during the week and hopefully most of you will feel some benefit from it. Drills like this need to be done as well as possible and therefore are done over a short distance to avoid fatigue introducing bad faults in the drill.

### **SESSION 1: LEVEL 3:**

Swim 1 x 500m Freestyle easy. RI: 60 sec  
Pull 1 x 400m Freestyle easy breathing every third stroke. RI: 30sec  
Kick 1 x 300m Freestyle (can do some backstroke kick for a change if preferred). RI: 30sec  
Swim 1 x 200m Freestyle (same pace as the 500m). RI: 15sec  
Swim 1 x 100m another stroke (No freestyle)  
Drill 8 x 25m Freestyle Catch-up (keep it smooth, not too fast!). RI: 40sec  
Swim 1 x 200m Freestyle Negative split (ie second 100m faster than first 100m). RI: 45sec  
Swim 1 x 100m easy stroke of your choice. **TOTAL: 2000m LEVEL 2:**

Swim 1 x 400m Freestyle easy. RI: 60 sec  
Pull 1 x 300m Freestyle easy breathing every third stroke. RI: 30sec  
Kick 1 x 200m Freestyle (can do some backstroke kick for a change if preferred). RI: 30sec  
Swim 1 x 100m Freestyle (same pace as the 500m). RI: 15sec  
Drill 8 x 25m Freestyle Catch-up (keep it smooth, not too fast!). RI: 40sec  
Swim 1 x 200m Freestyle Negative split (ie second 100m faster than first 100m). RI: 45sec  
Swim 1 x 100m easy stroke of your choice.

**TOTAL: 1500m**

### **LEVEL 1:**

Swim 1 x 200m Freestyle easy. RI: 60 sec  
Pull 1 x 100m Freestyle easy breathing every third stroke. RI: 30sec  
Kick 1 x 100m Freestyle (can do some backstroke kick for a change if preferred). RI: 30sec  
Swim 1 x 100m Freestyle (same pace as the 500m). RI: 15sec  
Drill 8 x 25m Freestyle Catch-up (keep it smooth, not too fast!). RI: 40sec  
Swim 1 x 100m easy stroke of your choice.

**TOTAL: 800m**



## Week 6

### **SESSION 2:LEVEL 3:**

Swim 1 x 800m Freestyle easy. RI: 60 sec

Swim 8 x 100m Freestyle. No 1-2 easy, No 3-4 a little faster, No 5-6 faster, No 7-8 Fast. RI: 45 sec  
(you should increase the pace to improve your time from no.1 to no. 8 by approx. 15-20 sec.)

Drill 4 x 25m Freestyle at a comfortable pace. RI: 40sec.

Swim 1 x 100m easy mixed strokes. **TOTAL: 1800m**

Swim 1 x 400m Freestyle easy. RI: 60 sec

Swim 4 x 100m Freestyle. No 1 easy, No 2 a little faster, No 3 faster, No 4 Fast. RI: 45 sec  
(you should increase the pace to improve your time from no.1 to no. 4 by approx. 15-20 sec.)

Drill 4 x 25m Freestyle at a comfortable pace. RI: 40sec.

Swim 1 x 100m easy mixed strokes.

**TOTAL: 1000m**

### **LEVEL 1:**

Swim 1 x 200m Freestyle easy. RI: 60 sec

Swim 8 x 50m Freestyle. No 1-2 easy, No 3-4 a little faster, No 5-6 faster, No 7-8 Fast. RI: 45 sec  
(you should increase the pace to improve your time from no.1 to no. 8 by approx. 15-20 sec.)

Drill 4 x 25m Freestyle at a comfortable pace. RI: 40sec.

Swim 1 x 100m easy mixed strokes.

**TOTAL: 800m**



## Week 6

### SESSION 3: LEVEL 3:

Swim 2 x 400m Freestyle, both easy working on length of stroke. RI: 60 sec  
Swim 16 x 25m Freestyle, work on pace you want to swim in the mile. RI: 30sec  
Swim 4 x 50m Freestyle. This must be fast! RI: 60 sec  
Kick 1 x 200m Freestyle easy. RI: 45sec  
Drill 4 x 25m Freestyle at a comfortable pace. RI: 40 sec  
Swim 1 x 100m easy mixed strokes. **TOTAL: 1800m**

### LEVEL 2:

Swim 2 x 200m Freestyle, both easy working on length of stroke. RI: 60 sec  
Swim 12 x 25m Freestyle, work on pace you want to swim in the mile. RI: 30sec  
Swim 4 x 50m Freestyle. This must be fast! RI: 60 sec  
Kick 1 x 200m Freestyle easy. RI: 45sec  
Drill 4 x 25m Freestyle at a comfortable pace. RI: 40 sec  
Swim 1 x 100m easy mixed strokes.

**TOTAL: 1300m**

### LEVEL 1:

Swim 1 x 200m Freestyle, easy working on length of stroke. RI: 60 sec  
Swim 8 x 25m Freestyle, work on pace you want to swim in the mile. RI: 30sec  
Swim 4 x 25m Freestyle. This must be fast! RI: 60 sec  
Kick 1 x 100m Freestyle easy. RI: 45sec  
Drill 4 x 25m Freestyle at a comfortable pace. RI: 40 sec  
Swim 1 x 100m easy mixed strokes.

**TOTAL: 800m**





## Week 6

### **SESSION 4: Another Test Total = 2000m LEVEL 3:**

Swim 1 x 200m Freestyle easy. RI: 60sec

Swim 32 x 50m Freestyle. This needs to be at a faster pace and tempo than the 16 x 100m set last week. Be careful on this set that you do not go too fast on the first half (ie No 1-16). If you average time per 100m was 1min 30sec, then half the time (45sec) less 2-5 seconds would be the ideal expected pace.

RI: 15 sec

Swim 1 x 200m easy mixed strokes. **LEVEL 2:**

Swim 1 x 200m Freestyle easy. RI: 60sec

Swim 16 x 50m Freestyle. This needs to be at a faster pace than last week. Be careful on this set that you do not go too fast on the first half (ie No 1-8). If you average time per 100m was 1min 30sec previously, then half the time (45sec) less 2-5 seconds would be the ideal expected pace.

RI: 15 sec

Swim 1 x 200m easy mixed strokes.

### **LEVEL 1:**

Swim 1 x 200m Freestyle easy. RI: 60sec

Swim 12 x 50m Freestyle. This needs to be at a faster pace than last week. Be careful on this set that you do not go too fast on the first half (ie No 1-6).

RI: 15 sec

Swim 1 x 100m easy mixed strokes.

Essentially what you have done over the last six weeks is condition your body to swim at a slightly faster pace and tempo than normal.



## Week 7

This week will work the freestyle drills once again. Keep your kick going in the drills and try lengthen your reach in the arm cycle recovery. The test set at the end of the week returns to the longer distances for you to establish a comfortable rhythm. However, when you do an 800m or 400m, always concentrate on going slightly easier on the first half and then slightly faster on the second half – ie what we call negative split.

### **SESSION 1: LEVEL 3:**

Swim 1 x 400m Freestyle easy. RI – 45sec.  
Pull 4 x 100m Freestyle – try breathing every third arm cycle. RI- 30sec  
Kick 8 x 50m Freestyle at steady pace. RI – 30sec.  
Drill 8 x 25m Freestyle Catchup. RI – 20sec.  
Swim 16 x 25m Freestyle at faster pace but even pace throughout. RI – 15sec. Your last 4 x 25m's, try speed up a little more.  
Swim 1 x 100m easy – this is recovery so do some other strokes. **TOTAL: 1900m**

Swim 1 x 400m Freestyle easy. RI – 45sec.  
Pull 2 x 100m Freestyle – try breathing every third arm cycle. RI- 30sec  
Kick 4 x 50m Freestyle at steady pace. RI – 30sec.  
Drill 4 x 25m Freestyle Catchup. RI – 20sec.  
Swim 16 x 25m Freestyle at faster pace but even pace throughout. RI – 15sec. Your last 4 x 25m's, try speed up a little more.  
Swim 1 x 100m easy – this is recovery so do some other strokes.

**TOTAL: 1400m**

### **LEVEL 1:**

Swim 1 x 300m Freestyle easy. RI – 45sec.  
Pull 2 x 100m Freestyle – try breathing every third arm cycle. RI- 30sec  
Kick 4 x 25m Freestyle at steady pace. RI – 30sec.  
Drill 4 x 25m Freestyle Catchup. RI – 20sec.  
Swim 8 x 25m Freestyle at faster pace but even pace throughout. RI – 15sec. Your last 4 x 25m's, try speed up a little more.  
Swim 1 x 100m easy – this is recovery so do some other strokes.

**TOTAL: 1000m**



## Week 7

### **SESSION 2:LEVEL 3:**

Swim 1 x 500m Freestyle easy. RI – 60sec.  
Swim 1 x 400m Freestyle at a comfortable pace. RI – 60sec.  
Swim 1 x 300m Freestyle at a faster pace than the 400m. RI – 45sec.  
Swim 1 x 200m Freestyle at a faster pace than the 300m. RI – 30sec.  
Swim 1 x 100m Freestyle at a faster pace than the 200m. RI – 60sec.  
Drill 8 x 25m Freestyle catchup. RI – 30sec.  
Swim 8 x 25m Freestyle breathing to your worst side. RI – 20sec  
Swim 1 x 100m easy, choice strokes. **TOTAL: 2000m**

Swim 1 x 400m Freestyle easy. RI – 60sec.  
Swim 1 x 300m Freestyle at a faster pace than the 400m. RI – 45sec.  
Swim 1 x 200m Freestyle at a faster pace than the 300m. RI – 30sec.  
Swim 1 x 100m Freestyle at a faster pace than the 200m. RI – 60sec.  
Drill 8 x 25m Freestyle catchup. RI – 30sec.  
Swim 8 x 25m Freestyle breathing to your worst side. RI – 20sec  
Swim 1 x 100m easy, choice strokes.

**TOTAL: 1500m**

### **LEVEL 1:**

Swim 1 x 300m Freestyle easy. RI – 60sec.  
Swim 1 x 200m Freestyle at a faster pace than the 300m. RI – 30sec.  
Swim 1 x 100m Freestyle at a faster pace than the 200m. RI – 60sec.  
Drill 8 x 25m Freestyle catchup. RI – 30sec.  
Swim 8 x 25m Freestyle breathing to your worst side. RI – 20sec  
Swim 1 x 100m easy, choice strokes.

**TOTAL: 1100m**



## Week 7

### **SESSION 3:LEVEL 3:**

Swim 1 x 600m Freestyle easy. RI – 60sec.

Pull 4 x 100m Freestyle, again try breathe every third or 5th arm cycle. RI – 30sec

Drill 25m left arm Freestyle, 25m right arm Freestyle, 25m Freestyle catchup, 25m Freestyle breathing every 3rd stroke. RI – 45sec. REPEAT

Swim 8 x 50m Freestyle, first 25m easy, second 25m faster. RI – 30sec.

Swim 8 x 25m Freestyle as fast as possible. RI – 45sec.

Swim 1 x 100m easy choice strokes.

### **TOTAL: 1800mLEVEL 2:**

Swim 1 x 400m Freestyle easy. RI – 60sec.

Pull 2 x 100m Freestyle, again try breathe every third or 5th arm cycle. RI – 30sec

Drill 25m left arm Freestyle, 25m right arm Freestyle, 25m Freestyle catchup, 25m Freestyle breathing every 3rd stroke. RI – 45sec. REPEAT

Swim 4 x 50m Freestyle, first 25m easy, second 25m faster. RI – 30sec.

Swim 8 x 25m Freestyle as fast as possible. RI – 45sec.

Swim 1 x 100m easy choice strokes.

### **TOTAL: 1300m**

### **LEVEL 1:**

Swim 1 x 200m Freestyle easy. RI – 60sec.

Pull 2 x 100m Freestyle, again try breathe every third or 5th arm cycle. RI – 30sec

Drill 25m left arm Freestyle, 25m right arm Freestyle, 25m Freestyle catchup, 25m Freestyle breathing every 3rd stroke. RI – 45sec. REPEAT

Swim 4 x 50m Freestyle, first 25m easy, second 25m faster. RI – 30sec.

Swim 4 x 25m Freestyle as fast as possible. RI – 45sec.

Swim 1 x 100m easy choice strokes.

### **TOTAL: 1000m**



## Week 7

### SESSION 4: Another Test LEVEL 3:

Swim 1 x 400m Freestyle easy. RI – 60sec.

Swim 2 x 800m Freestyle – The first 800m swim slightly underpaced, the 2nd 800m slightly faster with a faster stroke tempo. RI – 60sec.

Swim 1 x 200m easy mixed strokes for recovery. **Total = 2200m** LEVEL 2:

Swim 1 x 200m Freestyle easy. RI – 60sec.

Swim 2 x 500m Freestyle – The first 500m swim slightly underpaced, the 2nd 500m slightly faster with a faster stroke tempo. RI – 60sec.

Swim 1 x 200m easy mixed strokes for recovery.

**Total = 1400m**

#### LEVEL 1:

Swim 1 x 200m Freestyle easy. RI – 60sec.

Swim 2 x 400m Freestyle – The first 400m swim slightly underpaced, the 2nd 400m slightly faster with a faster stroke tempo. RI – 60sec.

Swim 1 x 100m easy mixed strokes for recovery.

**Total = 1100m**



## Week 8

### **SESSION 1: LEVEL 3:**

Swim 1 x 600m freestyle at warmup pace. RI: 60sec.

Swim 5 x 100m freestyle at a faster but comfortable pace. RI: 30sec.

Kick 1 x 400m freestyle at a steady pace. RI: 60sec

Swim 16 x 25m freestyle at a fast pace but not sprinting. Count your strokes and see that you maintain a consistent number throughout. RI: 20sec.

Swim 1 x 100m easy other strokes. **TOTAL: 2000m**

Swim 1 x 400m freestyle at warmup pace. RI: 60sec.

Swim 4 x 100m freestyle at a faster but comfortable pace. RI: 30sec.

Kick 1 x 200m freestyle at a steady pace. RI: 60sec

Swim 12 x 25m freestyle at a fast pace but not sprinting. Count your strokes and see that you maintain a consistent number throughout. RI: 20sec.

Swim 1 x 100m easy other strokes.

**TOTAL: 1400m**

### **LEVEL 1:**

Swim 1 x 200m freestyle at warmup pace. RI: 60sec.

Swim 2 x 100m freestyle at a faster but comfortable pace. RI: 30sec.

Kick 1 x 200m freestyle at a steady pace. RI: 60sec

Swim 8 x 25m freestyle at a fast pace but not sprinting. Count your strokes and see that you maintain a consistent number throughout. RI: 20sec.

Swim 1 x 100m easy other strokes.

**TOTAL: 900m**



## Week 8

### **SESSION 2:LEVEL 3:**

Swim 1 x 400m freestyle warmup. RI: 60sec  
Swim 16 x 50m freestyle – No 1-8 easy, No 9-16 go faster per 50 to no. 16. RI: 30 sec.  
Kick 8 x 25m freestyle steady pace. RI: 20sec.  
Swim 1 x 100 recovery/easy. RI: 60sec  
Swim 8 x 50m freestyle at a faster pace of No's 9-16 above. RI: 30 sec.  
Swim 1 x 100m easy. **TOTAL: 2000m**  
Swim 1 x 200m freestyle warmup. RI: 60sec  
Swim 12 x 50m freestyle – No 1-6 easy, No 7-12 go faster per 50 to no. 12. RI: 30 sec.  
Kick 8 x 25m freestyle steady pace. RI: 20sec.  
Swim 1 x 100 recovery/easy. RI: 60sec  
Swim 4 x 50m freestyle at a faster pace of No's 7-12 above. RI: 30 sec.  
Swim 1 x 100m easy.

**TOTAL: 1400m**

### **LEVEL 1:**

Swim 1 x 200m freestyle warmup. RI: 60sec  
Swim 8 x 50m freestyle – No 1-4 easy, No 5-8 go faster per 50 to no. 8. RI: 30 sec.  
Kick 4 x 25m freestyle steady pace. RI: 20sec.  
Swim 1 x 100 recovery/easy. RI: 60sec  
Swim 4 x 50m freestyle at a faster pace of No's 5-8 above. RI: 30 sec.  
Swim 1 x 100m easy.

**TOTAL: 1000m**



## Week 8

### **SESSION 3: LEVEL 3:**

Swim 1 x 400m freestyle warmup. RI: 60 sec.

Pull 1 x 300m freestyle breathing every 3rd stroke/armcycle. RI: 45sec

Kick 1 x 200m freestyle steady pace. RI: 30sec.

Swim 1 x 100m any other stroke easy. RI: 60sec.

Swim 8 x 100m freestyle, hold comfortable pace on no's 1-4 and speeding up on no's 5-8. RI: 30 sec.

Swim 1 x 100m easy for recovery. **TOTAL: 1900m**

Swim 1 x 300m freestyle warmup. RI: 60 sec.

Pull 1 x 200m freestyle breathing every 3rd stroke/armcycle. RI: 45sec

Kick 1 x 200m freestyle steady pace. RI: 30sec.

Swim 1 x 100m any other stroke easy. RI: 60sec.

Swim 4 x 100m freestyle, hold comfortable pace on no's 1-2 and speeding up on no's 3-4. RI: 30 sec.

Swim 1 x 100m easy for recovery.

**TOTAL: 1300m**

### **LEVEL 1:**

Swim 1 x 200m freestyle warmup. RI: 60 sec.

Pull 1 x 200m freestyle breathing every 3rd stroke/armcycle. RI: 45sec

Kick 1 x 100m freestyle steady pace. RI: 30sec.

Swim 4 x 100m freestyle, hold comfortable pace on no's 1-2 and speeding up on no's 3-4. RI: 30 sec.

Swim 1 x 100m easy for recovery.

**TOTAL: 1000m**





## Week 8

### **SESSION 4: Another Test LEVEL 3:**

This is another session with a test at the end. It will emphasise the second half of the mile swim.

Swim 1 x 200m freestyle warmup. RI: 60sec.

Swim 2 x 400m freestyle. RI: 60sec.

2 x 200m freestyle – faster than the 400's. RI: 45sec

4 x 100m freestyle – faster than the 200's. RI: 30sec

Try a pace faster than the 800m swims last week.

Swim 1 x 100m easy recovery. **Total = 1900m**

### **LEVEL 2:**

This is another session with a test at the end. It will emphasise the second half of the mile swim.

Swim 1 x 200m freestyle warmup. RI: 60sec.

Swim 1 x 400m freestyle. RI: 60sec.

2 x 200m freestyle – faster than the 400's. RI: 45sec

2 x 100m freestyle – faster than the 200's. RI: 30sec

Swim 1 x 100m easy recovery.

**Total = 1300m**

### **LEVEL 1:**

This is another session with a test at the end. It will emphasise the second half of the mile swim.

Swim 1 x 100m freestyle warmup. RI: 45sec.

Swim 2 x 200m freestyle. RI: 45sec

4 x 100m freestyle – faster than the 200's. RI: 30sec

Try a pace faster than the 800m swims last week.

Swim 1 x 100m easy recovery.

**Total = 1100m**



## Week 9

### SESSION 1: LEVEL 3:

Swim 1 x 600m Freestyle. RI: 60sec  
Pull 1 x 400m Freestyle Breathe every 3rd stroke. RI: 60sec  
Kick 2 x 100m Freestyle, 75m easy and 25m fast on each. RI: 30sec  
Swim 1 x 400m Freestyle, first 200m easy and 2nd 200m faster (ie negative split). RI: 45sec  
Swim 4 x 100m Freestyle, 50m easy 50m faster (ie again negative split). RI: 30sec  
Swim 1 x 100m easy other strokes. **TOTAL: 2100m**

Swim 1 x 400m Freestyle. RI: 60sec  
Pull 1 x 200m Freestyle Breathe every 3rd stroke. RI: 60sec  
Kick 2 x 100m Freestyle, 75m easy and 25m fast on each. RI: 30sec  
Swim 1 x 400m Freestyle, first 200m easy and 2nd 200m faster (ie negative split). RI: 45sec  
Swim 2 x 100m Freestyle, 50m easy 50m faster (ie again negative split). RI: 30sec  
Swim 1 x 100m easy other strokes.

**TOTAL: 1500m**

### LEVEL 1:

Swim 1 x 200m Freestyle. RI: 60sec  
Pull 1 x 200m Freestyle Breathe every 3rd stroke. RI: 60sec  
Kick 1 x 100m Freestyle, 75m easy and 25m fast. RI: 30sec  
Swim 1 x 200m Freestyle, first 100m easy and 2nd 100m faster (ie negative split). RI: 45sec  
Swim 2 x 100m Freestyle, 50m easy 50m faster (ie again negative split). RI: 30sec  
Swim 1 x 100m easy other strokes.

**TOTAL: 1000m**



## Week 9

### SESSION 2:LEVEL 3:

Swim 1 x 800m Freestyle at a comfortable pace. RI: 60sec  
Swim 1 x 400m Freestyle slightly faster. RI: 60sec  
Swim 1 x 200m Freestyle again faster than the 400m pace. RI: 60sec  
Swim 1 x 100m Freestyle fast to see your time. RI: 60sec  
Kick 8 x 25m Freestyle easy. RI: 30sec  
Swim 8 x 50m Freestyle descending (ie going faster from No1 to No8). RI: 30sec  
Finish no. 8 as fast as possible (ie if 100m time above is 1:20, then 50 here should be half of that minus 4sec at least!)  
Swim 1 x 100m easy other strokes. **TOTAL: 2400m**  
**LEVEL 2:**  
Swim 1 x 600m Freestyle at a comfortable pace. RI: 60sec  
Swim 1 x 400m Freestyle slightly faster. RI: 60sec  
Swim 1 x 100m Freestyle fast to see your time. RI: 60sec  
Kick 8 x 25m Freestyle easy. RI: 30sec  
Swim 8 x 50m Freestyle descending (ie going faster from No1 to No8). RI: 30sec  
Finish no. 8 as fast as possible (ie if 100m time above is 1:20, then 50 here should be half of that minus 4sec at least!)  
Swim 1 x 100m easy other strokes.

**TOTAL: 1700m**

### LEVEL 1:

Swim 1 x 400m Freestyle at a comfortable pace. RI: 60sec  
Swim 1 x 200m Freestyle again faster than the 400m pace. RI: 60sec  
Swim 1 x 100m Freestyle fast to see your time. RI: 60sec  
Kick 8 x 25m Freestyle easy. RI: 30sec  
Swim 4 x 50m Freestyle descending (ie going faster from No1 to No4). RI: 30sec  
Finish no. 4 as fast as possible (ie if 100m time above is 1:20, then 50 here should be half of that minus 4sec at least!)  
Swim 1 x 100m easy other strokes.

**TOTAL: 1200m**



## Week 9

### **SESSION 3:LEVEL 3:**

*This is a recovery day!*

Swim 1 x 400m Freestyle. RI: 60sec

Pull 1 x 400m Freestyle. RI: 60sec

Kick 1 x 400m Freestyle. RI: 60sec

Swim 1 x 400m Freestyle Negative split. **TOTAL: 1600m**

*This is a recovery day!*

Swim 1 x 300m Freestyle. RI: 60sec

Pull 1 x 300m Freestyle. RI: 60sec

Kick 1 x 300m Freestyle. RI: 60sec

Swim 1 x 300m Freestyle Negative split.

**TOTAL: 1200m**

### **LEVEL 1:**

*This is a recovery day!*

Swim 1 x 200m Freestyle. RI: 60sec

Pull 1 x 200m Freestyle. RI: 60sec

Kick 1 x 200m Freestyle. RI: 60sec

Swim 1 x 200m Freestyle Negative split.

**TOTAL: 800m**



## Week 9

### SESSION 4: LEVEL 3:

Swim 1 x 400m Freestyle easy. RI: 90sec

Swim 6 x 200m Freestyle. RI: 45sec

4 x 100m Freestyle speed up more to no. 4. RI 30sec

Aim is to be faster per 100m than the 400m swims from the last test week. Know what times you were doing on each 200m.

Your overall 1600m time should be decreasing. If not, avoid panicking as you may just be physically tired from the training. The effort is the important point. As you rest in the final 2 weeks, you should gain extra speed/power in the water.

Swim 1 x 100m other strokes to recover. **Total = 2100m** LEVEL 2:

Swim 1 x 200m Freestyle easy. RI: 90sec

Swim 4 x 200m Freestyle. RI: 45sec

4 x 100m Freestyle speed up more to no. 4. RI 30sec

Aim is to be faster per 100m than the 400m swims from the last test week. Know what times you were doing on each 200m.

Swim 1 x 100m other strokes to recover.

**Total = 1500m**

### LEVEL 1:

Swim 1 x 200m Freestyle easy. RI: 90sec

Swim 2 x 200m Freestyle. RI: 45sec

4 x 100m Freestyle Speed up No 1 to no 4. RI 30sec

Swim 1 x 100m other strokes to recover.

**Total = 1100m**



## Week 10

### **SESSION 1: LEVEL 3:**

Swim 1 x 800m Freestyle (speed up on the second 400m, ie negative split). RI: 60sec

Swim 2 x 400m Freestyle – again negative split each. RI: 60sec

Swim 8 x 25m Freestyle at maximum speed. RI: 45sec

Swim 1 x 200m slowly with mixed strokes. **TOTAL: 2000m**

### **LEVEL 2:**

Swim 1 x 400m Freestyle (speed up on the second 200m, ie negative split). RI: 60sec

Swim 2 x 200m Freestyle – again negative split each. RI: 60sec

Swim 8 x 25m Freestyle at maximum speed. RI: 45sec

Swim 1 x 200m slowly with mixed strokes.

**TOTAL: 1200m**

### **LEVEL 1:**

Swim 1 x 400m Freestyle (speed up on the second 200m, ie negative split). RI: 60sec

Swim 1 x 200m Freestyle – again negative split. RI: 60sec

Swim 8 x 25m Freestyle at maximum speed. RI: 45sec

Swim 1 x 200m slowly with mixed strokes.

**TOTAL: 1000m**



## Week 10

### SESSION 2: LEVEL 3:

Swim 1 x 400m Freestyle easy. RI: 60sec  
Swim 1 x 400m Freestyle negative split. RI: 60sec  
Pull 2 x 100m Freestyle breathing every third stroke. RI: 30sec  
Kick 8 x 50m Freestyle, first 25m easy then 25m fast. RI: 30sec  
Swim 4 x 100m Freestyle, first 50m easy then 50m fast. RI: 45sec  
Swim 1 x 100m other strokes easy. RI: 30sec **TOTAL: 1900m**  
**LEVEL 2:**  
Swim 1 x 400m Freestyle easy. RI: 60sec  
Swim 1 x 200m Freestyle negative split. RI: 60sec  
Pull 1 x 100m Freestyle breathing every third stroke. RI: 30sec  
Kick 8 x 50m Freestyle, first 25m easy then 25m fast. RI: 30sec  
Swim 2 x 100m Freestyle, first 50m easy then 50m fast. RI: 45sec  
Swim 1 x 100m other strokes easy. RI: 30sec

**TOTAL: 1400m**

### LEVEL 1:

Swim 1 x 200m Freestyle easy. RI: 60sec  
Swim 1 x 100m Freestyle negative split. RI: 60sec  
Pull 1 x 100m Freestyle breathing every third stroke. RI: 30sec  
Kick 4 x 50m Freestyle, first 25m easy then 25m fast. RI: 30sec  
Swim 2 x 100m Freestyle, first 50m easy then 50m fast. RI: 45sec  
Swim 1 x 100m other strokes easy. RI: 30sec

**TOTAL: 900m**



## Week 10

### **SESSION 3: LEVEL 3:**

Swim 1 x 1000m Freestyle, speed up a little after each 250m. RI: 90sec

Pull 1 x 400m Freestyle breathing every third stroke. RI: 45sec

Swim 4 x 50m Freestyle – try a fast pace but consistent. RI: 60sec

Swim 1 x 200m easy of other strokes **TOTAL: 1800m**

**LEVEL 2:**  
Swim 1 x 800m Freestyle, speed up a little after each 200m. RI: 90sec

Pull 1 x 200m Freestyle breathing every third stroke. RI: 45sec

Swim 4 x 50m Freestyle – try a fast pace but consistent. RI: 60sec

Swim 1 x 100m easy of other strokes

**TOTAL: 1300m**

### **LEVEL 1:**

Swim 1 x 500m Freestyle, speed up a little after each 250m. RI: 90sec

Pull 1 x 200m Freestyle breathing every third stroke. RI: 45sec

Swim 4 x 50m Freestyle – try a fast pace but consistent. RI: 60sec

Swim 1 x 100m easy of other strokes

**TOTAL: 1000m**





## Week 10

### SESSION 4: LEVEL 3:

Swim 1 x 200m easy for a warm-up.

Swim 12 x 100m Freestyle, try keep your time consistent but pace should be faster than you are planning at the Mile. RI: 30sec

Swim 1 x 200m easy to recover. **Total = 1600m** LEVEL 2:

Swim 1 x 200m easy for a warm-up.

Swim 8 x 100m Freestyle, try keep your time consistent but pace should be faster than you are planning at the Mile. RI: 30sec

Swim 1 x 200m easy to recover.

**Total = 1200m**

### LEVEL 1:

Swim 1 x 100m easy for a warm-up.

Swim 8 x 100m Freestyle, try keep your time consistent but pace should be faster than you are planning at the Mile. RI: 30sec

Swim 1 x 100m easy to recover.

**Total = 1000m**



## Week 11

The final week of training for the 2014 aQuellé Toyota Midmar Mile must be seen as a relaxing week where one does not swim too hard but must maintain your distance. The priority this week is to concentrate on technique and maintain long smooth strokes to ensure you feel good as we approach race day.

### **SESSION 1:LEVEL 3:**

Swim 1 x 400m Freestyle. RI: 60sec  
Pull 1 x 300m Freestyle, breathe every 3rd stroke. RI: 45sec  
Kick 1 x 200m Freestyle, keep legs as loose as possible. RI: 30sec  
Swim 1 x 100m other strokes. RI: 60sec  
Drill 8 x 25m Catch-up Freestyle (concentrate on full strokes). RI: 30sec  
Swim 4 x 100m Freestyle descending. Start off really easy and go a little faster on each 100m swim, ending with the last 100m at a good strong pace but not at maximum effort. RI: 45sec  
Swim 1 x 100m recovery any strokes. **TOTAL: 1700m**

Swim 1 x 300m Freestyle. RI: 60sec  
Pull 1 x 200m Freestyle, breathe every 3rd stroke. RI: 45sec  
Kick 1 x 100m Freestyle, keep legs as loose as possible. RI: 30sec  
Drill 8 x 25m Catch-up Freestyle (concentrate on full strokes). RI: 30sec  
Swim 8 x 50m Freestyle descending. Start off really easy and go a little faster on each 50m swim, ending with the last 50m at a good strong pace but not at maximum effort. RI: 45sec  
Swim 1 x 100m recovery any strokes.

**TOTAL: 1100m**

### **LEVEL 1:**

Swim 1 x 200m Freestyle. RI: 60sec  
Pull 1 x 100m Freestyle, breathe every 3rd stroke. RI: 45sec  
Kick 1 x 100m Freestyle, keep legs as loose as possible. RI: 30sec  
Drill 4 x 25m Catch-up Freestyle (concentrate on full strokes). RI: 30sec  
Swim 4 x 50m Freestyle descending. Start off really easy and go a little faster on each 50m swim, ending with the last 50m at a good strong pace but not at maximum effort. RI: 45sec  
Swim 1 x 100m recovery any strokes.

**TOTAL: 700m**



## Week 11

### SESSION 2: LEVEL 3:

Swim 1 x 600m Freestyle easy. RI: 60sec  
Swim 4 x 100m Freestyle, the first 25m do freestyle catch-up and then 75m full stroke. RI: 30sec. This is done easy.  
Swim 1 x 200m Freestyle easy concentrating on distance per stroke. RI: 50sec  
Swim 1 x 150m Freestyle, slightly faster than the 200m. RI: 40sec  
Swim 1 x 100m Freestyle, slightly faster than the 150m. RI: 30sec  
Swim 1 x 50m Freestyle at a faster pace than you plan to swim at Midmar. RI: 60sec  
Swim 1 x 100m easy other strokes. **TOTAL: 1600m**  
**LEVEL 2:**  
Swim 1 x 400m Freestyle easy. RI: 60sec  
Swim 5 x 50m Freestyle, the first 25m do freestyle catch-up and then 25m full stroke. RI: 30sec. This is done easy.  
Swim 1 x 100m Freestyle easy concentrating on distance per stroke. RI: 50sec  
Swim 1 x 75m Freestyle, slightly faster than the 100m. RI: 40sec  
Swim 1 x 50m Freestyle, slightly faster than the 75m. RI: 30sec  
Swim 1 x 25m Freestyle fast. RI: 60sec  
Swim 1 x 100m easy other strokes.

**TOTAL: 1000m**

### LEVEL 1:

Swim 1 x 200m Freestyle easy. RI: 60sec  
Swim 3 x 50m Freestyle, the first 25m do freestyle catch-up and then 25m full stroke. RI: 30sec. This is done easy.  
Swim 1 x 100m Freestyle easy concentrating on distance per stroke. RI: 50sec  
Swim 1 x 75m Freestyle, slightly faster than the 100m. RI: 40sec  
Swim 1 x 50m Freestyle, slightly faster than the 75m. RI: 30sec  
Swim 1 x 25m Freestyle fast. RI: 60sec  
Swim 1 x 100m easy other strokes.

**TOTAL: 700m**



## Week 11

### **SESSION 3:LEVEL 3:**

Swim 1 x 800m Freestyle really easy. RI: 90sec.

Drill 8 x 25m Freestyle catch-up. RI: 30sec

Swim 4 x 25m Freestyle. Sprint at maximum speed with as little breathing as possible. RI: 45sec

Swim 1 x 400m Freestyle really easy. **TOTAL: 1500m**

Swim 1 x 400m Freestyle really easy. RI: 90sec.

Drill 4 x 25m Freestyle catch-up. RI: 30sec

Swim 4 x 25m Freestyle. Sprint at maximum speed with as little breathing as possible. RI: 45sec

Swim 1 x 400m Freestyle really easy.

**TOTAL: 1000m**

### **LEVEL 1:**

Swim 1 x 200m Freestyle really easy. RI: 90sec.

Drill 4 x 25m Freestyle catch-up. RI: 30sec

Swim 4 x 25m Freestyle. Sprint at maximum speed with as little breathing as possible. RI: 45sec

Swim 1 x 200m Freestyle really easy.

**TOTAL: 600m**