



Lane 1 Session
June 22nd 2010

Swim Fitness
Aerobic Development

Technical Objectives
Stroke Pace and Finish

Warm Up

1x100m Swim Easy

2x75m BP 4

2x50m Pace Rythym

Technique Set Stroke Pace and Finish

DRILL 25m + SWIM 25m for each 50m

FOCUS ON : SLOW to FAST / SWIM FINISH DOWN THIGH REVERSE

1x50m Doggie Paddle Head Down

1x50m Doggie Paddle Head Up

1x50m Catch Up BP3

1x50m 1/2 Length Doggie Head Up + 1/2 Length CU

1x50m CU with THUMBS

1x50m Semi CU (or half CU) with THUMBS

SET 2

Aerobic Development - Pyramid Up and Down

Try and do same splits both up and down....

4x25m 85% Effort RI 20s

3x50m 80% Effort RI 20s

2x100m 75% Effort RI 25s

3x50m 80% Effort RI 20s

4x25m 85% Effort RI 20s

Warm Down

2x50m Swim as Choice Drill 25m plus Swim 25m

2x50m Easy Swim

Total Metres 1550



Lane 2 Session
June 22nd 2010

Swim Fitness
Aerobic Development

Technical Objectives
Stroke Pace and Finish

Warm Up

1x150m Swim Easy

2x100m BP 4

2x50m Pace Rythym

Technique Set

Stroke Pace and Finish

DRILL 25m + SWIM 25m for each 50m

FOCUS ON : SLOW to FAST / SWIM FINISH DOWN THIGH REVERSE

1x50m Doggie Paddle Head Down

1x50m Doggie Paddle Head Up

1x50m Catch Up BP3

1x50m 1/2 Length Doggie Head Up + 1/2 Length CU

1x50m CU with THUMBS

1x50m Semi CU (or half CU) with THUMBS

Aerobic Development - Pyramid Up and Down

SET 2

Try and do same splits both up and down....

3x50m 85% Effort RI 20s

2x100m 80% Effort RI 20s

1x150m 75% Effort RI 25s

2x100m 80% Effort RI 20s

3x50m 85% Effort RI 20s

Warm Down

2x50m Swim as Choice Drill 25m plus Swim 25m

2x50m Easy Swim

Total Metres 1800



Lane 3 Session
June 22nd 2010

Swim Fitness Aerobic Development	Technical Objectives Stroke Pace and Finish
Warm Up	
1x200m	Swim Easy
2x100m	BP 4
2x50m	Pace Rythym
Technique Set Stroke Pace and Finish	
	<u>DRILL 25m + SWIM 25m for each 50m</u>
1x50m	FOCUS ON : SLOW to FAST / SWIM FINISH DOWN THIGH REVERSE Doggie Paddle Head Down
1x50m	Doggie Paddle Head Up
1x50m	Catch Up BP3
1x50m	1/2 Length Doggie Head Up + 1/2 Length CU
1x50m	CU with THUMBS
1x50m	Semi CU (or half CU) with THUMBS
<u>SET 2</u> <u>Aerobic Development - Pyramid Up and Down</u>	
Try and do same splits both up and down....	
4x50m	85% Effort RI 20s
2x100m	80% Effort RI 20s
2x150m	75% Effort RI 25s
2x100m	80% Effort RI 20s
4x50m	85% Effort RI 20s
Warm Down	
2x50m	Swim as Choice Drill 25m plus Swim 25m
2x50m	Easy Swim
Total Metres	2100



Lane 4 Session
June 22nd 2010

Swim Fitness
Aerobic Development

Technical Objectives
Stroke Pace and Finish

Warm Up

1x200m Swim Easy

2x100m BP 4

2x50m Pace Rythym

Technique Set

Stroke Pace and Finish

DRILL 25m + SWIM 25m for each 50m

FOCUS ON : SLOW to FAST / SWIM FINISH DOWN THIGH REVERSE

1x50m Doggie Paddle Head Down

1x50m Doggie Paddle Head Up

1x50m Catch Up BP3

1x50m 1/2 Length Doggie Head Up + 1/2 Length CU

1x50m CU with THUMBS

1x50m Semi CU (or half CU) with THUMBS

SET 2

Aerobic Development - Pyramid Up and Down

Try and do same splits both up and down....

4x50m 85% Effort RI 20s

2x100m 80% Effort RI 20s

2x150m 75% Effort RI 25s

1x200m 70% Effort RI 30s

2x150m 75% Effort RI 25s

2x100m 80% Effort RI 20s

4x50m 85% Effort RI 20s

Warm Down

2x50m Swim as Choice Drill 25m plus Swim 25m

2x50m Easy Swim

Total Metres 2600