



Lane 1 Session  
June 30th 2010

<b>Swim Fitness</b> Aerobic Development	<b>Technical Objectives</b> Stroke Timing & Recovery
<b>Warm Up</b>	
100m	Swim Easy
3x50m	Vary BP every 50m
<b>Technique Set</b> <b>Stroke Timing &amp; Recovery</b>	
<b>ENSUE YOU ROLL EACH WAY WHETHER BREATHING OR NOT</b>	
2x25m	1x25m Catch Up BP3 + 1x25m Swim
2x25m	1x25m 1/2 Catch Up + 1x25m Swim
2x25m	Catch Up BP3 Half Length then 1/2 Catch Up Half Length <u>On return do this in reverse -</u> Half Length 1/2 Catch Up then Half Length Catch Up
2x25m	Change Timing Each 1/3 Length.... Catch Up; 1/2 Catch Up; Normal Swim Timing <u>On return do this in reverse;</u> Normal Timing; 1/2 Catch Up; Catch Up
2x25m	1x25m CU with HAND DRAG + 1x25m Swim  (Drag "floppy" hand in water from recovery through to level with the head Allow the elbow to drag the hand; rolling the shoulder forward.)
2x25m	Swim as: 1x25m 1/2 Catch Up with Hand Drag 1x25m Normal swim timing with Hand Drag
<b><u>Aerobic Development - Hard / Easy Set</u></b>	
<b>SET 2</b> <i>Try and do same splits both up and down for 85% efforts....</i>	
4x25m	85% Effort RI 20s
1x100m	75% Effort RI 25s
2x75m	85% Effort RI 20s
1x100m	75% Effort RI 25s
2x75m	85% Effort RI 20s
1x100m	75% Effort RI 25s
4x25m	85% Effort RI 20s
<b>Warm Down</b>	
1x100m	Swim 25m + Choice Drill 25m and repeat
1x100m	Easy Swim
<b>Total Metres</b>	<b>1550</b>



Lane 2 Session  
June 30th 2010

Swim Fitness  
Aerobic Development

Technical Objectives  
Stroke Timing & Recovery

**Warm Up**

100m Swim Easy  
3x50m Vary BP every 50m

**Technique Set**

Stroke Timing & Recovery

**ENSURE YOU ROLL EACH WAY WHETHER BREATHING OR NOT**

1x50m Catch Up BP3  
1x50m 1/2 Catch Up  
1x50m Catch Up BP3 Half Length then 1/2 Catch Up Half Length  
On return do this in reverse -  
Half Length 1/2 Catch Up then Half Length Catch Up  
1x50m Change Timing Each 1/3 Length....  
Catch Up; 1/2 Catch Up; Normal Swim Timing  
On return do this in reverse:  
Normal Timing; 1/2 Catch Up; Catch Up  
1x50m CU with HAND DRAG  
(Drag "floppy" hand in water from recovery through to level with the head  
Allow the elbow to drag the hand; rolling the shoulder forward.)  
1x50m Swim as:  
1x25m 1/2 Catch Up with Hand Drag  
1x25m Normal swim timing with Hand Drag

**Aerobic Development - Hard / Easy Set**

**SET 2**

*Try and do same splits both up and down for 85% efforts....*

3x50m 85% Effort RI 20s  
1x150m 75% Effort RI 25s  
2x100m 85% Effort RI 20s  
1x150m 75% Effort RI 25s  
2x100m 85% Effort RI 20s  
1x150m 75% Effort RI 25s  
3x50m 85% Effort RI 20s

**Warm Down**

1x100m Swim 25m + Choice Drill 25m and repeat  
1x100m Easy Swim

**Total Metres 1900**



Lane 3 Session  
June 30th 2010

<b>Swim Fitness</b> Aerobic Development	<b>Technical Objectives</b> Stroke Timing & Recovery
<b>Warm Up</b>	
1x150	Swim Easy
1x150	Vary BP every 50m
<b>Technique Set</b> <b>Stroke Timing &amp; Recovery</b>	
<b>ENSUE YOU ROLL EACH WAY WHETHER BREATHING OR NOT</b>	
1x50m	Catch Up BP3
1x50m	1/2 Catch Up
1x50m	Catch Up BP3 Half Length then 1/2 Catch Up Half Length <u>On return do this in reverse -</u> Half Length 1/2 Catch Up then Half Length Catch Up
1x50m	Change Timing Each 1/3 Length.... Catch Up; 1/2 Catch Up; Normal Swim Timing <u>On return do this in reverse:</u> Normal Timing; 1/2 Catch Up; Catch Up
1x50m	CU with HAND DRAG  (Drag "floppy" hand in water from recovery through to level with the head Allow the elbow to drag the hand; rolling the shoulder forward.)
1x50m	Swim as: 1x25m 1/2 Catch Up with Hand Drag 1x25m Normal swim timing with Hand Drag
<b><u>SET 2</u></b> <b><u>Aerobic Development - Hard / Easy Set</u></b>	
<i>Try and do same splits both up and down for 85% efforts....</i>	
4x50m	85% Effort RI 20s
1x150m	75% Effort RI 25s
2x100m	85% Effort RI 20s
1x150m	75% Effort RI 25s
2x100m	85% Effort RI 20s
1x150m	75% Effort RI 25s
4x50m	85% Effort RI 20s
<b>Warm Down</b>	
1x150m	Swim 50m + Choice Drill 25m and repeat
1x100m	Easy Swim
<b>Total Metres</b>	<b>2100</b>



Lane 4 Session  
June 30th 2010

Swim Fitness	Technical Objectives
Aerobic Development	Stroke Timing & Recovery
<b>Warm Up</b>	
1x150	Swim Easy
1x200	Vary BP every 50m
<b>Technique Set</b> <b>Stroke Timing &amp; Recovery</b>	
ENSUE YOU ROLL EACH WAY WHETHER BREATHING OR NOT	
1x50m	Catch Up BP3
1x50m	1/2 Catch Up
1x50m	Catch Up BP3 Half Length then 1/2 Catch Up Half Length On return do this in reverse - Half Length 1/2 Catch Up then Half Length Catch Up
1x50m	Change Timing Each 1/3 Length.... Catch Up; 1/2 Catch Up; Normal Swim Timing On return do this in reverse; Normal Timing; 1/2 Catch Up; Catch Up
1x50m	CU with HAND DRAG  (Drag "floppy" hand in water from recovery through to level with the head Allow the elbow to drag the hand; rolling the shoulder forward.)
1x50m	Swim as: 1x25m 1/2 Catch Up with Hand Drag 1x25m Normal swim timing with Hand Drag
<b><u>SET 2</u></b> <b><u>Aerobic Development - Hard / Easy Set</u></b>	
Try and do same splits both up and down for 85% efforts....	
6x50m	85% Effort RI 20s
1x150m	75% Effort RI 25s
3x100m	85% Effort RI 20s
1x150m	75% Effort RI 25s
3x100m	85% Effort RI 20s
1x150m	75% Effort RI 25s
6x50m	85% Effort RI 20s
<b><u>Warm Down</u></b>	
1x150m	Swim 50m + Choice Drill 25m and repeat
1x100m	Easy Swim
<b>Total Metres</b>	<b>2550</b>