



Lane 1 Session
July 14th 2010

Swim Fitness
Lactate & Swim Fit

Technical Objectives
Mixed

Warm Up

1x200 Steady Swim & Stretch

SET 1 ***Main Set 1 - Lactate Threshold Work***

6x50m 90% Effort off 1m:40s

Technique Set **MIXED**

SWIM AS 25m DRILL followed by 25m SWIM

1x50m 1x25m Single Arm with Head touch + 1x25m Swim
(Change arms at 1/2 way)

1x50m 1x25m Single Arm 4-4 pattern with Head touch + 1x25m Swim
(4-4 is 4 strokes one arm and switch to other arm
BREATHE on the second stroke)

1x50m 1x25m Single Arm 2-2 pattern with Finger Skim + 1x25m Swim
(2-2 is 2 strokes one arm and switch to other arm
BREATHE on the second stroke)

1x50m 1x25m Catch Up with Finger Skim (BP3) + 1x25m Swim

SET 2 ***Aerobic Development***

3x50m 85% Effort Off 70s

1x100m 75% Effort Steady RI 30s

3x50m 85% Effort Off 70s

1x100m 75% Effort Steady RI 30s

3x50m 85% Effort Off 70s

Warm Down

1x150m Easy Swim

2x50m Easy Swim

Total Metres **1600**



Lane 2 Session
July 14th 2010

Swim Fitness	Technical Objectives
Lactate & Swim Fit	Mixed
Warm Up	
1x200	Steady Swim & Stretch
SET 1 <i><u>Main Set 1 - Lactate Threshold Work</u></i>	
6x75m	90% Effort off 1m:40s
Technique Set MIXED	
SWIM AS 25m DRILL followed by 25m SWIM	
1x50m	1x25m Single Arm with Head touch + 1x25m Swim (Change arms at 1/2 way)
1x50m	1x25m Single Arm 4-4 pattern with Head touch + 1x25m Swim (4-4 is 4 strokes one arm and switch to other arm BREATHE on the second stroke)
1x50m	1x25m Single Arm 2-2 pattern with Finger Skim + 1x25m Swim (2-2 is 2 strokes one arm and switch to other arm BREATHE on the second stroke)
1x50m	1x25m Catch Up with Finger Skim (BP3) + 1x25m Swim
1x50m	1x25m Catch Up 1-2-3 Drill Catch Up with an extra single arm after the breath.
1x50m	Repeat above with finger skim
SET 2 <i><u>Aerobic Development</u></i>	
4x50m	85% Effort Off 65s
1x150m	75% Effort Steady RI 30s
4x50m	85% Effort Off 65s
1x150m	75% Effort Steady RI 30s
4x50m	85% Effort Off 65s
Warm Down	
1x150m	Easy Swim
2x50m	Easy Swim
Total Metres	2100



Lane 3 Session
July 14th 2010

Swim Fitness
Lactate & Swim Fit

Technical Objectives
Mixed

Warm Up

1x200m Steady Swim & Stretch

SET 1

Main Set 1 - Lactate Threshold Work

5x100m 90% Effort off 2:05s

Technique Set

MIXED

SWIM AS 25m DRILL followed by 25m SWIM

1x50m 1x25m Single Arm with Head touch + 1x25m Swim
(Change arms at 1/2 way)

1x50m 1x25m Single Arm 4-4 pattern with Head touch + 1x25m Swim
(4-4 is 4 strokes one arm and switch to other arm
BREATHE on the second stroke)

1x50m 1x25m Single Arm 2-2 pattern with Finger Skim + 1x25m Swim
(2-2 is 2 strokes one arm and switch to other arm
BREATHE on the second stroke)

1x50m 1x25m Catch Up with Finger Skim (BP3) + 1x25m Swim

1x50m 1x25m Catch Up 1-2-3 Drill
Catch Up with an extra single arm after the breath.

1x50m Repeat above with finger skim

Aerobic Development

SET 2

6x50m 85% Effort Off 65s

1x150m 75% Effort Steady RI 30s

6x50m 85% Effort Off 65s

1x150m 75% Effort Steady RI 30s

6x50m 85% Effort Off 65s

Warm Down

1x150m Easy Swim

2x50m Easy Swim

Total Metres 2450



Lane 4 Session
July 14th 2010

Swim Fitness
Lactate & Swim Fit

Technical Objectives
Mixed

Warm Up

1x250m Steady Swim & Stretch

SET 1

Main Set 1 - Lactate Threshold Work

6x100m 90% Effort off 1m:55s

Technique Set

MIXED

SWIM AS 25m DRILL followed by 25m SWIM

1x50m 1x25m Single Arm with Head touch + 1x25m Swim
(Change arms at 1/2 way)

1x50m 1x25m Single Arm 4-4 pattern with Head touch + 1x25m Swim
(4-4 is 4 strokes one arm and switch to other arm
BREATHE on the second stroke)

1x50m 1x25m Single Arm 2-2 pattern with Finger Skim + 1x25m Swim
(2-2 is 2 strokes one arm and switch to other arm
BREATHE on the second stroke)

1x50m 1x25m Catch Up with Finger Skim (BP3) + 1x25m Swim

1x50m 1x25m Catch Up 1-2-3 Drill
Catch Up with an extra single arm after the breath.

1x50m Repeat above with finger skim

SET 2

Aerobic Development

8x50m 85% Effort Off 1 minute

1x150m 75% Effort Steady RI 30s

8x50m 85% Effort Off 1 minute

1x150m 75% Effort Steady RI 30s

8x50m 85% Effort Off 1 minute

Warm Down

1x150m Easy Swim

2x50m Easy Swim

Total Metres 2900