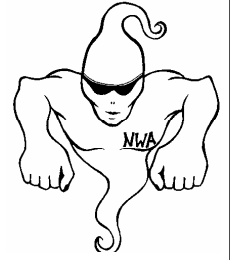


Broken Swims



100's

5-10 seconds "break"

1. **25 / 25 / 25 / 25**
2. **25 / 50 / 25**
3. **50 / 25 / 25**
4. **25 / 25 / 50**

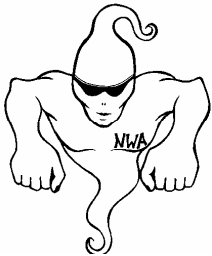
(Total: 400)

Work the turns ... *no breaths, flags* ► *wall* ► *flags*

Stroke counts on all 50, 100, 150 swims

Pulse Rates .. be clear on aims/expectations of the session / sets

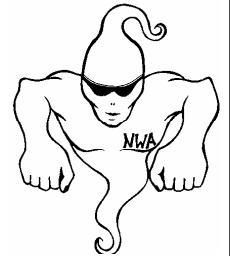
Stroke / Drill variations as directed

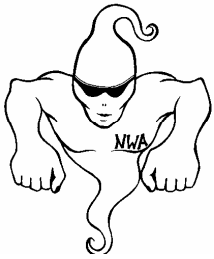


200's

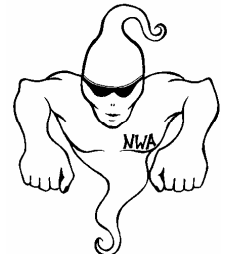
5-10 seconds "break"

1. **25 / 50 / 25 / 75 / 25**
2. **25 / 50 / 50 / 50 / 25**
3. **50 / 50 / 50 / 50**
4. **50 / 150**
5. **150 / 50**
6. **25 / 25 / 25 / 25 / 25 / 25 / 25 / 25**





Individual Medleys



(FLY ► B/K ► B/R ► F/S)

25IM = 3 Fly ► 6 B/K ► 3 B/R ► F/S (to 25m or 35m)

3 = 3 strokes

Head "down" .. no breath in the Fly

50IM = 6 Fly ► 10 B/K ► 6 B/R ► F/S .. to 50m

("Bucket Turn": B/K ► B/R .. if swimming out and back)

100IM = 25m Fly ► 25m B/K ► 25m B/R

► 25m F/S

200IM = 50m Fly ► 50m B/K ► 50m B/R

► 50m F/S

Examples ... e.g. useful to include in W/U, or, as a main set

⇒ **6 x 25IM** .. F/S (bilateral on 3) to 50m; rest 10-30 seconds.

OR

⇒ **8 x 50IM** .. on 50 or 60 seconds.

(Change focus each swim)

OR

⇒ **2 x 100IM** on 1:20, 1:30, or 1:40

200IM (Focus: FLY & B/R) .. recover 15 seconds

200IM (Focus: B/K & F/S) .. recover 15 seconds

2 x 100IM on 1:20, 1:30, or 1:40

*Vary the technique focus
(challenge) each swim,
e.g. 1st IM, work FLY & B/R
2nd IM, work B/K & F/S*

◀ **Senior Swimmers only**