

3 Sessions

- 1. 10 x 50 on 45 or 50**
10 x 100 (50 Drill – 50 Stroke) on 2:00
10 x 50 on 45 or 50

- 2. 2 x Heart Rate 1500**

(approx. 60 secs. between sets)

(FLY & B/R: add 15 seconds to recoveries)

- 2 x (5 x swim 100 .. on 1:45 swim 50 .. on 50 swim 100
.. on 1:45 swim 50)**

- 3. 500 (30) 20 x 100 on 1:45 or 1:50 (30)**

10 x 50 on 50 (30) 500

Reminders

- Stroke Counts
- Pulse Rates
- Streamlining
- **NO** breaths inside flags

Warm Up .. include B/R or FLY Progression

Warm Down .. include B/K or F/S Progressions

Stroke Reminders

F/S: Shoulder lift

North West Athletics: YOU select / plan ahead;
better to have a flexible plan, than no plan at all

6 Sessions

Reminders

- Stroke Counts
- Pulse Rates
- Streamlining
- **NO** breaths inside flags

1. W/U: 300 .. stroke / drill (choice) Str. = streamline
Broken Swims: **10 x 25 F/S** (90%) ► **25 Str. B/K Kick** (on back, with or w/o fins) .. 5 secs. break
50 (15) **100** (15) **150** (15) **200** (15) **150** (15) **100** (15) **50** (Odds 85% ► Evens 60%); (15) = 15 secs. recovery
6 x 50IM (6Fly ► 12B/K ► 6B/R ► F/S bilateral breathing); 15-30 seconds recovery
W/D: 100 F/S (ICS) + 100 Fly Kick (board) + 100 F/S ICS

2. W/U: 100 F/S ICS + 4 x 50IM
5 x 200 ICS .. 15 seconds recovery .. stroke counts
Sprint Starts: 10 x 15m Max. (approx. on 1:30; walk back recovery)
4 x 50 Kick (25 Fly ► 25 F/S); on 2:30 (option: with / w/o fins)
W/D: 4 x 50IM + 100 F/S ICS

ICS
means
Individual
Checking Speed
but,
What does that mean?

3. W/U: 500 ICS F-S
2 x 75 F/S Kick (max.) GOAL = 100 F/S *pb* time; 25 “easy” kick + 15 seconds recovery
4 x 200 F/S (ICS) .. no breaths inside flags; 10-15 seconds recovery
W/D: 500 ICS F-S

FTD = Finger Tip Drag F/S

4. W/U: 100 F-S Kick + 100 F-S + 100 F-S (4R-4L-4Both) + 100 F-S Kick
10 x 50IM (with fins) on 1:00 or 1:15 .. Fly Kick in B/R
10 x 50 F-S (with 4 strokes head up) .. on 50, 60, or 70 seconds
10 x 50: 6 Strokes Fly ► F-S (bilateral breathing)
W/D: 200 Fly Kick (board) + 100 F/S (FTD)

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5. W/U: 300 (your choice)
Lactate Set: 10 x 100 on 3:00 .. Record all times .. Complete every 3-4 weeks; compare times
W/D: 300-500 (your choice)

6. **Time Trial:** 200 F/S or 1000 F/S .. (every 2-4 weeks)
Appropriate W/U (300-500) and W/D (300-500)

Train Smart .. training hard is “easy”
2 + 2 + 4
but, 4 + 4 may equal 3
(think about it)

For **Triathletes** the fundamental aim is efficiency .. feel *good* when you leave the water

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Stroke Reminders

Freestyle
Shoulder lift
Long strokes
Entry: Fingertips-Wrist-Elbow
Have a breathing plan
Drill both sides of the body to equality
Check out stroke advice tag(s)

When in doubt
Technique
Technique
Technique

Learn **Stroke Progressions**, e.g. FLY
(Challenge yourself)

1. Str. FLY Kick on back; “Fast” Kick
2. Str. FLY Kick on front;
3. Arms folded FLY Kick on back
4. 2 strokes ► 6-8 Str.K on front (repeat)
5. Cross-Overs .. elbows wide
6. 3 strokes ► 6-8 Str.K on front (repeat)
7. Kick & Scull (u/w) .. fast
8. 4 strokes ► 6-8 Str.K on front (repeat)
9. Arms folded on front
10. **Full Stroke**

In a 50m Pool
25m Drill ► 25m F-S (FTD, bilateral)

NWA: Swim Sessions: 1 & 2

1. W/U: 300 .. stroke / drill (choice)
Broken Swims: **10 x 25 F/S (90%) ▶ 25 Str. B/K Kick** (on back, with or w/o fins) .. 5 secs. break
50 (15) 100 (15) 150 (15) 200 (15) 150 (15) 100 (15) 50 (Odds 85% ▶ Evens 60%); (15) = 15 secs. recovery
6 x 50IM (6Fly ▶ 12B/K ▶ 6B/R ▶ F/S bilateral breathing); 15-30 seconds recovery
W/D: 100 F/S (ICS) + 100 Fly Kick (board) + 100 F/S ICS
2. W/U: 100 F/S ICS + 4 x 50IM
5 x 200 ICS .. 15 seconds recovery .. stroke counts
Sprint Starts: 10 x 15m Max. (approx. on 1:30; walk back recovery)
4 x 50 Kick (25 Fly ▶ 25 F/S); on 2:30 (option: with / w/o fins)
W/D: 4 x 50IM + 100 F/S ICS

NWA: Swim Sessions: 3 & 4

3. W/U: 500 ICS F/S
2 x 75 F/S Kick (max.) GOAL = 100 F/S *pb* time; 25 “easy” kick + 15 seconds recovery
4 x 200 F/S (ICS) .. no breaths inside flags; 10-15 seconds recovery
W/D: 500 ICS F/S
4. W/U: 100 F/S Kick + 100 F/S + 100 F/S (4R-4L-4Both) + 100 F/S Kick
10 x 50IM (with fins) on 1:00 or 1:15 .. Fly Kick in B/R
10 x 50 F-S (with 4 strokes head up) .. on 50, 60, or 70 seconds
10 x 50: 6 Strokes Fly ▶ F-S (bilateral breathing)
W/D: 200 Fly Kick (board) + 100 F/S (FTD)