

Swim Training Plans

Long Distance plan

Warm-up	8*100 Swim	Check stroke count on length 1 and 3. Start each 100m on 2 mins OR 30 secs rest	800
Sub Set	24*33 (or 32*25)	½ length no breathing and ½ length full stroke technique	800
Main Set	2*200 Pull	Start on 3.30 set target time	400
	1*400 Swim	Start on 6.30 set target time	400
	2*200 Pull	Start on 3.30 set target time faster than the first set	200
	1*800 Swim	You need to know your stroke count beforehand. Aim to hold the stroke count +2 for the distance. If the stroke counts go up more than the extra 2 strokes given, then the rest of the length is finished with Polo front crawl 800	
Cool-down	400 EZ Swim		400
			3800

Sprint/Olympic plan

Warm-up	2*100 Swim	Check stroke count on length 1 and 3. Start each 100m on 2 mins OR 30 secs rest	200
Sub Set	12*33 (or 16*25)	½ length no breathing and ½ length full stroke technique	400
Main Set	2*200 Pull	10 secs rest between 200, 30 secs rest at end	400
	1*200 Swim	30 secs rest at end	200
	2*100 Pull	10 secs rest between, 30 secs rest at end	200
	1*400 Swim	You need to know your stroke count beforehand. Aim to hold the stroke count +2 for the distance. If the stroke counts go up more than the extra 2 strokes given, then the rest of the length is finished with Polo front crawl	400
Cool-down	200 EZ Swim		200
			2000

Glossary

- Pull – swim with pull-buoy float between knees – strengthens arms and encourages good hip technique
- Polo front crawl – swim head up – used to encourage good arm technique, check placement of hand in the water and not cross centre line

Start on... – these sets give you a set time to complete a distance. The lower you go, the less rest you get