

30 MINS FAST

ALL FRONT CRAWL

Warm Up (200m)

- 200m F/C swim
- Every 4th 25m, kick on your back

30 MINS FAST

MIXED STROKES & INDIVIDUAL MEDLEY

Warm Up (200m)

- 100m F/C swim
- 50m B/C swim
- 50m B/S swim

30 MINS FAST

MIXED STROKES & OWN CHOICE

Warm Up (300m)

- 100m F/C swim
- 100m B/C swim
- 100m B/S swim

Main Set (1000m)

All F/C

- 2x 100m kick
- 2x 200m swim
- 2x 100m pull
- 2x 100m swim

15 seconds rest between each 100m & 200m

Main Set (1000m)

- 1x 50m B/C kick
- 2x 100m B/C swim
- 1x 50m B/S kick
- 2x 100m B/S swim
- 1x 50m F/C kick
- 2x 100m F/C swim
- 1x 50m B/F kick
- 2x 100m individual medley swim (25m B/F, B/C, B/S & F/C)

15 seconds rest between each 50m & 100m

Main Set (1000m)

- 2x 50m pull 1 F/C & 1 B/C
- 3x 100m own choice swim (50% effort)
- 2x 50m pull 1 F/C & 1 B/C
- 3x 100m own choice swim (75% effort)
- 2x 100m own choice swim (25m 75% effort/ 25m easy)

15 seconds rest between each 50m & 100m

Cool Down (200m)

- 200m F/C swim

Cool Down (200m)

- 200m own choice swim

Cool Down (200m)

- 200m own choice swim

**Total distance swam
1400m**

**Total distance swam
1400m**

**Total distance swam
1500m**

30 MINS MEDIUM

ALL FRONT CRAWL

Warm Up (200m)

- 200m F/C swim
- Every 4th 25m, kick on your back

30 MINS MEDIUM

MIXED STROKES

Warm Up (100m)

- 100m F/C swim

30 MINS MEDIUM

MIXED STROKES & OWN CHOICE

Warm Up (300m)

- 100m F/C swim
- 100m B/C swim
- 100m B/S swim

Main Set (900m)

All F/C

- 3x 50m kick
- 3x 100m swim
- 3x 50m pull
- 3x 100m swim

15 seconds rest between each 50m & 100m

Main Set (900m)

- 1x 50m B/C kick
- 2x 50m B/C swim
- 1x 50m B/S kick
- 2x 50m B/S swim
- 1x 50m F/C kick
- 2x 50m F/C swim
- Repeat

15 seconds rest between each 50m

Main Set (800m)

- 2x 50m pull 1 F/C & 1 B/C
- 2x 100m own choice swim (50% effort)
- 2x 50m pull 1 F/C & 1 B/C
- 2x 100m own choice swim (75% effort)
- 2x 100m own choice swim (25m 75% effort/ 25m easy)

15 seconds rest between each 50m & 100m

Cool Down (200m)

- 100m F/C swim

Total distance swam
1200m

Cool Down (200m)

- 25m F/C swim
- 25m B/C swim
- 25m B/S swim
- 25m own choice swim

Total distance swam
1100m

Cool Down (200m)

- 100m own choice swim

Total distance swam
1200m

30 MINS SLOW

ALL FRONT CRAWL

Warm Up (200m)

- 200m F/C swim
- Every 4th 25m, kick on your back

30 MINS SLOW

MIXED STROKES

Warm Up (100m)

- 100m F/C swim

30 MINS SLOW

MIXED STROKES & OWN CHOICE

Warm Up (200m)

- 200m swim
(50m F/C, B/C, B/S, own choice)

Main Set (600m)

All F/C

- 2x 50m kick
- 2x 100m swim
- 2x 50m pull
- 2x 100m swim

15 seconds rest between each 50m & 100m

Main Set (600m)

- 1x 50m B/C kick
- 2x 50m B/C swim
- 1x 50m B/S kick
- 2x 50m B/S swim
- Repeat

15 seconds rest between each 50m

Main Set (500m)

- 2x 50m pull 1 F/C & 1 B/C
- 2x 50m own choice swim
- Repeat
- 100m own choice swim

15 seconds rest between each 50m & 100m

Cool Down (100m)

- 100m F/C swim

Cool Down (100m)

- 100m own choice swim

Cool Down (100m)

- 100m own choice swim

Total distance swam
900m

Total distance swam
800m

Total distance swam
800m

45 MINS FAST

ALL FRONT CRAWL

Warm Up (300m)

- 300m F/C swim
- Every 4th 25m, kick on your back

45 MINS FAST

MIXED STROKES & INDIVIDUAL MEDLEY

Warm Up (400m)

- All F/C**
- 200m swim
 - 100m kick
 - 100m pull

45 MINS FAST

MIXED STROKES & OWN CHOICE

Warm Up (400m)

- 100m F/C swim
- 100m B/C swim
- 100m B/S swim
- 100m F/C swim

Main Set (1600m)

All F/C

- 2x 100m kick
- 2x 200m swim
- 2x 100m swim
- 2x 100m pull
- 2x 200m swim
- 2x 100m swim

15 seconds rest between each 100m & 200m

Main Set (1200m)

- 2x 50m B/C kick
- 2x 100m B/C swim
- 2x 50m B/S kick
- 2x 100m B/S swim
- 2x 50m F/C kick
- 2x 100m F/C swim
- 2x 50m B/F kick
- 2x 100m individual medley (25m B/F, B/C, B/S & F/C) swim

20 seconds rest between each 50m & 100m

Main Set (1400m)

- 2x 100m pull 1 F/C & 1 B/C
- 4x 100m own choice swim (50% effort)
- 2x 100m pull 1 F/C & 1 B/C
- 4x 100m own choice swim (75% effort)
- 2x 100m own choice swim (50m 75% effort/ 50m easy)

15 seconds rest between each 100m

Cool Down (200m)

- 200m F/C swim

Cool Down (200m)

- 200m own choice swim

Cool Down (200m)

- 200m own choice swim

**Total distance swam
2100m**

**Total distance swam
1800m**

**Total distance swam
2000m**

45 MINS MEDIUM

ALL FRONT CRAWL

Warm Up (300m)

- 300m F/C swim
- Every 4th 25m, kick on your back

Main Set (1000m)

All F/C

- 2x 50m kick
- 4x 100m swim
- 2x 50m pull
- 4x 100m swim

15 seconds rest between each 50m & 100m

Cool Down (150m)

- 150m F/C swim

Total distance swam
1450m

45 MINS MEDIUM

MIXED STROKES & INDIVIDUAL MEDLEY

Warm Up (300m)

All F/C

- 100m swim
- 100m kick
- 100m pull

Main Set (900m)

- 4x 50m kick individual medley (B/F or own choice, B/C, B/S & F/C)
- 4x 100m individual medley (25m B/F or own choice, B/C, B/S, & F/C)
- 2x 50m own choice kick
- 2x 100m own choice swim

20 seconds rest between each 50m & 100m

Cool Down (200m)

- 200m own choice swim

Total distance swam
1400m

45 MINS MEDIUM

MIXED STROKES & OWN CHOICE

Warm Up (300m)

- 100m F/C swim
- 100m B/C swim
- 100m B/S swim

Main Set (1100m)

- 2x 50m pull 1 F/C & 1 B/C
- 3x 100m own choice swim (50% effort)
- 2x 50m pull 1 F/C & 1 B/C
- 3x 100m own choice swim (75% effort)
- 3x 100m own choice (50m 75% effort/ 50m easy)

15 seconds rest between each 50m & 100m

Cool Down (200m)

- 200m own choice swim

Total distance swam
1600m

45 MINS SLOW

ALL FRONT CRAWL

Warm Up (200m)

- 200m F/C swim
- Every 4th 25m, kick on your back

45 MINS SLOW

MIXED STROKES & INDIVIDUAL MEDLEY

Warm Up (150m)

- 150m F/C swim

45 MINS SLOW

MIXED STROKES & OWN CHOICE

Warm Up (200m)

- 200m swim
(50m F/C, B/C, B/S, own choice)

Main Set (800m)

All F/C

- 2x 50m kick
- 3x 100m swim
- 2x 50m pull
- 3x 100m swim

15 seconds rest between each 50m & 100m

Main Set (800m)

- 2x 50m B/S kick
- 2x 50m B/S swim
- 2x 50m B/C kick
- 2x 50m B/C swim
- Repeat

15 seconds rest between each 50m

Main Set (800m)

- 3x 50m pull 1 F/C, 1 B/C & 1 F/C
- 3x 50m own choice swim
- Repeat
- 2x 100m own choice swim

20 seconds rest between each 50m & 100m

Cool Down (100m)

- 100m F/C swim

Cool Down (150m)

- 150m own choice swim

Cool Down (150m)

- 150m own choice swim

**Total distance swam
1100m**

**Total distance swam
1100m**

**Total distance swam
1150m**

60 MINS FAST

ALL FRONT CRAWL

Warm Up (300m)

- 300m F/C swim
- Every 4th 25m, kick on your back

60 MINS FAST

MIXED STROKES & INDIVIDUAL MEDLEY

Warm Up (400m)

- 300m own choice swim
- 100m own choice kick

60 MINS FAST

MIXED STROKES & OWN CHOICE

Warm Up (400m)

- 100m F/C swim
- 100m B/C swim
- 100m B/S swim
- 100m F/C swim

Main Set (2000m)

All F/C

- 2x 100m kick
- 2x 200m swim
- 4x 100m swim
- 2x 100m pull
- 2x 200m swim
- 4x 100m swim

15 seconds rest between each 100m & 200m

Main Set (1600m)

- 2x 50m B/C kick
- 2x 50m B/C pull
- 2x 100m B/C swim
- 2x 50m B/S kick
- 2x 50m B/S pull
- 2x 100m B/S swim
- 2x 50m F/C kick
- 2x 50m F/C pull
- 2x 100m F/C swim
- 2x 50m B/F kick
- 2x 50m B/F pull
- 2x 100m individual medley (25m B/F, B/C, B/S & F/C)

15 seconds rest between each 50m & 100m

Main Set (1800m)

- 2x 50m kick 1 F/C & 1 B/C
- 2x 100m pull 1 F/C & 1 B/C
- 4x 100m own choice swim (50% effort)
- 2x 50m kick 1 F/C & 1 B/C
- 2x 100m pull 1 F/C & 1 B/C
- 4x 100m own choice swim (75% effort)
- 4x 100m own choice swim (50m 75% effort/ 50m easy)

15 seconds rest between each 50m & 100m

Cool Down (200m)

- 200m F/C swim

Cool Down (300m)

- 300m own choice swim

Cool Down (200m)

- 200m own choice swim

Total distance swam
2500m

Total distance swam
2300m

Total distance swam
2400m

60 MINS MEDIUM

ALL FRONT CRAWL

Warm Up (300m)

- 300m F/C swim
- Every 4th 25m, kick on your back

60 MINS MEDIUM

MIXED STROKES & INDIVIDUAL MEDLEY

Warm Up (300m)

- 100m F/C swim
- 100m F/C kick
- 100m F/C pull

60 MINS MEDIUM

MIXED STROKES & OWN CHOICE

Warm Up (300m)

- 25m F/C 25m own choice swim
- 50m B/C 50m own choice swim
- 75m B/S 75m own choice swim

Main Set (1400m)

All F/C

- 2x 50m kick
- 4x 100m swim
- 1x 200m swim
- 2x 50m pull
- 4x 100m swim
- 1x 200m swim

15 seconds rest between each 50, 100m & 200m

Main Set (1400m)

- 4x 50m kick individual medley (B/F or own choice, B/C, B/S, & F/C)
- 4x 100m individual medley swim (25m B/F or own choice, B/C, B/S, & F/C)
- 4x 50m own choice kick
- 4x 100m own choice swim
- 4x 50m individual medley swim (B/F or own choice, B/C, B/S, & F/C)

15 seconds rest between each 50m & 100m

Main Set (1400m)

- 2x 50m kick 1 F/C & 1 B/C
- 4x 50m pull alternate each 50 F/C & B/C
- 2x 100m own choice swim (50% effort)
- 2x 50m kick 1 F/C & 1 B/C
- 4x 50m pull alternate each 50 F/C & B/C
- 2x 100m own choice swim (75% effort)
- 4x 100m own choice swim (50m 75% effort/ 50m easy)

15 seconds rest between each 50m & 100m

Cool Down (250m)

- 250m F/C swim

Cool Down (200m)

- 200m own choice swim

Cool Down (200m)

- 200m swim (50m F/C, B/C, B/S, own choice)

Total distance swam
1950m

Total distance swam
1900m

Total distance swam
1900m

60 MINS SLOW

ALL FRONT CRAWL

Warm Up (200m)

- 200m F/C swim
- Every 4th 25m, kick on your back

60 MINS SLOW

MIXED STROKES

Warm Up (150m)

- 150m F/C swim

60 MINS SLOW

MIXED STROKES & OWN CHOICE

Warm Up (200m)

- 25m F/C 25m own choice swim
- 25m B/C 25m own choice swim
- 25m B/S 25m own choice swim
- 50m own choice swim

Main Set (1000m)

All F/C

- 2x 50m kick
- 4x 100m swim
- 2x 50m pull
- 4x 100m swim

15 seconds rest between each 50m & 100m

Main Set (1200m)

- 2x 50m B/S kick
- 2x 50m B/S swim
- 2x 50m B/C kick
- 2x 50m B/C swim
- 2x 50m F/C kick
- 2x 50m F/C swim
- Repeat

15 seconds rest between each 50m

Main Set (1000m)

- 4x 50m pull alternate each 50 F/C & B/C
- 4x 50m own choice swim
- 1x 100m own choice swim
- 20 seconds rest between each 50m & 100m

20 seconds rest between each 50m & 100m

Repeat

Cool Down (200m)

- 200m F/C swim

Cool Down (150m)

- 150m own choice swim

Cool Down (200m)

- 200m own choice swim

Total distance swam
1400m

Total distance swam
1500m

Total distance swam
1400m