



### Training Programs 21 - 30

<b>21</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTERM</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>1</b>	<b>WARM UP</b>	<b>400m</b>	<b>300m</b>	<b>200m</b>		<b>Freestyle</b>
		<b>4 X 100</b>	<b>3 X 100</b>	<b>2 X 100</b>	<b>High Elbows / Drag Fingers / Wrist Leading</b>	<b>100 Easy</b>
<b>2</b>	<b>FORM STROKE</b>	<b>400</b>	<b>400</b>	<b>300</b>	<b>Any Drill</b>	<b>Drill / Stroke</b>
		<b>8 X 50</b>	<b>8 X 50</b>	<b>6 X 50</b>	<b>Pull Buoy &amp; Paddles</b>	<b>50 Drill / 50 Stroke</b>
<b>3</b>	<b>FREE / BACK KICKING</b>	<b>400</b>	<b>300</b>	<b>200</b>		<b>Free / Back Kick Only</b>
		<b>8 X 50</b>	<b>6 X 50</b>	<b>4 X 50</b>	<b>Fins</b>	<b>50 Hard / 50 Easy</b>
<b>4</b>	<b>FREE STYLE</b>	<b>300</b>	<b>200</b>	<b>200</b>	<b>Six Beat Kick</b>	<b>Freestyle</b>
		<b>6 X 50</b>	<b>4 X 50</b>	<b>4 X 50</b>	<b>Fins</b>	<b>Adv 1:00, Int 1:20, Begin 1:30 / Six Beat Kick</b>
<b>5</b>	<b>FORM STROKE</b>	<b>300</b>	<b>200</b>	<b>200</b>	<b>No Fins</b>	<b>Full Stroke</b>
		<b>1 X 300</b>	<b>1 X 200</b>	<b>1 X 200</b>	<b>No Fins / Easy</b>	<b>Work on Technique</b>
<b>2</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>6</b>	<b>IM</b>	<b>300</b>	<b>200</b>	<b>200</b>	<b>With Fins</b>	<b>Fly, Back, Breast, Free</b>
		<b>12 X 25</b>	<b>8 X 25</b>	<b>8 X 25</b>	<b>4 X 25 Easy / Hard 4 X 25 Hard / Easy</b>	<b>25 / 25 / 25 / 25</b>
<b>7</b>	<b>COOL DOWN</b>	<b>400</b>	<b>200</b>	<b>200</b>		<b>Choice Drill</b>
		<b>8 X 50</b>	<b>4 X 50</b>	<b>4 X 50</b>	<b>Fins</b>	<b>Slowing Down</b>
<b>8</b>						
<b>TOTAL</b>		<b>2.5 km</b>	<b>1.8 km</b>	<b>1.5 km</b>		



<b>22</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTERM</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>1</b>	<b>WARM UP</b>	<b>400m</b>	<b>300m</b>	<b>200m</b>		<b>Freestyle</b>
		<b>4 X 100</b>	<b>3 X 100</b>	<b>2 X 100</b>	<b>High Elbows / Drag Fingers / Wrist Leading</b>	<b>100 Easy</b>
<b>2</b>	<b>FORM STROKE</b>	<b>400</b>	<b>400</b>	<b>300</b>	<b>Any Drill</b>	<b>Drill / Stroke</b>
		<b>8 X 50</b>	<b>8 X 50</b>	<b>6 X 50</b>	<b>Pull Buoy &amp; Paddles</b>	<b>50 Drill / 50 Stroke</b>
<b>3</b>	<b>FREE / BACK KICKING</b>	<b>400</b>	<b>300</b>	<b>200</b>		<b>Free / Back kick Only</b>
		<b>8 X 50</b>	<b>6 X 50</b>	<b>4 X 50</b>	<b>Fins</b>	<b>50 Hard / 50 Easy</b>
<b>4</b>	<b>FREE STYLE</b>	<b>300</b>	<b>200</b>	<b>200</b>	<b>Six Beat Kick</b>	<b>Freestyle</b>
		<b>6 X 50</b>	<b>4 X 50</b>	<b>4 X 50</b>	<b>Fins</b>	<b>Adv 1:00, Int 1:20, Begin 1:30 / Six Beat Kick</b>
<b>5</b>	<b>FORM STROKE</b>	<b>300</b>	<b>200</b>	<b>200</b>	<b>No Fins</b>	<b>Full Stroke</b>
		<b>1 X 300</b>	<b>1 X 200</b>	<b>1 X 200</b>	<b>No Fins / Easy</b>	<b>Work on Technique</b>
<b>2</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>6</b>	<b>IM</b>	<b>300</b>	<b>200</b>	<b>200</b>	<b>With Fins</b>	<b>Fly, Back, Breast, Free</b>
		<b>12 X 25</b>	<b>8 X 25</b>	<b>8 X 25</b>	<b>4 X 25 Easy / Hard 4 X 25 Hard / Easy</b>	<b>25 / 25 / 25 / 25</b>
<b>7</b>	<b>COOL DOWN</b>	<b>400</b>	<b>200</b>	<b>200</b>		<b>Choice Drills</b>
		<b>8 X 50</b>	<b>4 X 50</b>	<b>4 X 50</b>	<b>Fins</b>	<b>Slowing Down</b>
<b>8</b>						
	<b>TOTAL</b>	<b>2.5 km</b>	<b>1.8 km</b>	<b>1.5 km</b>		



<b>23</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>1</b>	<b>WARM UP</b>	<b>600m</b>	<b>450m</b>	<b>300m</b>		<b>Freestyle</b>
		<b>4 X 150</b>	<b>3 X 150</b>	<b>2 X 150</b>	<b>10 seconds rest after each 150m</b>	<b>100 free, 25 fly, 25 back 100 free, 25 back, 25 breast 100 free, 25 breast, 25 free 100 free, 25 free, 25 fly</b>
<b>2</b>	<b>FORM STROKE</b>	<b>400</b>	<b>400</b>	<b>300</b>		<b>Drill / Stroke</b>
		<b>4 X 100</b>	<b>4 X 100</b>	<b>3 X 100</b>	<b>Remainder are descending 1:30 / 1:45</b>	<b>100 X 3 kick per stroke 100 X glide for 123 sec Remainder is Breast -St</b>
<b>3</b>	<b>FREE / BACK KICKING</b>	<b>400</b>	<b>300</b>	<b>200</b>		<b>Kicking Only</b>
		<b>8 X 50</b>	<b>6 X 50</b>	<b>4 X 50</b>	<b>Fins</b>	<b>50 Free / 50 Back 50 Fly / 50 Free Kick on Side</b>
<b>4</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>4</b>	<b>BACK STROKE</b>	<b>300</b>	<b>200</b>	<b>200</b>	<b>Kick</b>	<b>Backstroke</b>
		<b>6 X 50</b>	<b>4 X 50</b>	<b>4 X 50</b>	<b>Fins</b>	<b>Adv 1:00, Int 1:20, Begin 1:30</b>
<b>5</b>	<b>IM</b>	<b>300</b>	<b>200</b>	<b>200</b>	<b>With Fins</b>	<b>Fly, Back, Breast, Free</b>
		<b>12 X 25</b>	<b>8 X 25</b>	<b>8 X 25</b>	<b>4 X 25 Easy / Hard 4 X 25 Hard / Easy</b>	<b>25 / 25 / 25 / 25</b>
<b>7</b>	<b>COOL DOWN</b>	<b>400</b>	<b>200</b>	<b>200</b>		<b>Choice Drills</b>
		<b>8 X 50</b>	<b>4 X 50</b>	<b>4 X 50</b>	<b>Fins</b>	<b>Slowing Down</b>
	<b>TOTAL</b>	<b>2.4 km</b>	<b>1.75 km</b>	<b>1.4 km</b>		



24	SET	ADVAN	INTER	BEGIN	EQUIPMENT	WHAT TO DO AND HOW
1	WARM UP	400m	400m	300m		<b>FREE STYLE</b>
		400	400	300	Fins	Free, no stopping, 30sec rest at the end of the 400m / 300m
2	FREE STYLE	400m	400m	300m		
		400	400	300		Free pull with paddles, no stopping, rest 30sec at end of 400m/300m
3	FREE STYLE	400m	400m	300m		
		400	400	300	Fins	Free fins and paddles, no stopping, rest 30sec at end of 400m/300m
5	SET	ADVAN	INTER	BEGIN	EQUIPMENT	WHAT TO DO AND HOW
4	FREE STYLE	400m	400m	300m		
		400	400	300	Fins and board	Free kick with board and fins, no stopping, rest 30sec at end of 400m/300m
5	NOT FREE	400m	300m	300m		
		400	300	300	Fins	Choice, rest 30sec at end of 400m/300m
6	IM	400m	200m	200m		
		400	200	200	Fins	IM, no stopping, 30sec rest at the end of the 400m / 200m
7	COOL DOWN	200m	200m	200m		
		200	200	200		Choice easy
	<b>TOTAL</b>	<b>2.6 km</b>	<b>2.3 km</b>	<b>1.9 km</b>		



<b>25</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>1</b>	<b>WARM UP</b>	<b>800m</b>	<b>600m</b>	<b>400m</b>		
		200 200 200 200	200 100 100 200	100 100 100 100	No fins Paddles /buoy Fins Paddles & Fins	Freestyle Freestyle Pull Kick with Fins Freestyle
<b>2</b>	<b>MAIN 1</b>	<b>400m</b>	<b>400m</b>	<b>300m</b>		
		8 X 50 On 1.15	8 X 50 On 1.15	6 X 50 On 1.20	No fins	Freestyle – 8 strokes /10m fast, rest easy on 1.15/1.20
<b>3</b>	<b>MAIN 2</b>	<b>400m</b>	<b>300m</b>	<b>200m</b>		
		16 X 25 on 40 sec	12 X 25 on 50 sec	8 X 25 on 1.10 sec	Fins optional	Medley order , fast, on adv 40 / inter 50 / begin 1.10 sec
<b>5</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>4</b>	<b>COOL DOWN</b>	<b>400m</b>	<b>300m</b>	<b>200m</b>		
		4 X 100	3 X 100	2 X 100		Alternate freestyle and IM, 50% effort, 30sec rest after each 100m
<b>5</b>						
						Practise turns and starts.
<b>6</b>						
<b>7</b>						
	<b>TOTAL</b>	<b>2.0 km</b>	<b>1.6 km</b>	<b>1.1 km</b>		



<b>26</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>1</b>	<b>WARM UP</b>	<b>200m</b>	<b>200m</b>	<b>200m</b>		
		<b>200</b>	<b>200</b>	<b>200</b>	<b>No fins</b>	<b>Choice / 4 x 50 drills</b>
<b>2</b>	<b>MAIN 1</b>	<b>800m</b>	<b>600m</b>	<b>400m</b>		
		<b>8 X 100 On 1.10</b>	<b>6 X 100 On 1.20</b>	<b>8 X 50 On 1.20</b>	<b>Fins</b>	<b>Freestyle 90% effort Relax breathing - do not hold your breath at all.</b>
<b>3</b>	<b>MAIN 2</b>	<b>200m</b>	<b>200m</b>	<b>200m</b>		
		<b>4 x 50</b>	<b>4 x 50</b>	<b>4 x 50</b>		<b>Form - easy drills of choice</b>
<b>4</b>	<b>MAIN 3</b>	<b>400m</b>	<b>300m</b>	<b>200m</b>		
		<b>16 X 25 on 40 sec</b>	<b>12 X 25 on 50 sec</b>	<b>8 X 25 on 1.10 sec</b>	<b>Fins optional</b>	<b>Medley order , first 10 strokes fast, on adv 40 / inter 50 / begin 1.10 sec</b>
<b>5</b>	<b>COOL DOWN</b>	<b>400m</b>	<b>300m</b>	<b>200m</b>		
		<b>200 200</b>	<b>100 200</b>	<b>100 100</b>	<b>Fins</b>	<b>Kick Pull and paddles</b>
<b>6</b>						
<b>7</b>						
	<b>TOTAL</b>	<b>2.0 km</b>	<b>1.6 km</b>	<b>1.2 km</b>		



<b>27</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>1</b>	<b>WARM UP</b>	<b>200m</b>	<b>200m</b>	<b>200m</b>		
		<b>200</b>	<b>200</b>	<b>200</b>	<b>No fins</b>	<b>Choice / 4 x 50 drills</b>
<b>2</b>	<b>MAIN 1</b>	<b>800m</b>	<b>600m</b>	<b>400m</b>		
		<b>8 X 100 On 1.10</b>	<b>6 X 100 On 1.20</b>	<b>8 X 50 On 1.20</b>	<b>Fins</b>	<b>Freestyle 90% effort Relax breathing - do not hold your breath at all.</b>
<b>3</b>	<b>MAIN 2</b>	<b>200m</b>	<b>200m</b>	<b>200m</b>		
		<b>4 x 50</b>	<b>4 x 50</b>	<b>4 x 50</b>		<b>Form - easy drills of choice</b>
<b>4</b>	<b>MAIN 3</b>	<b>400m</b>	<b>300m</b>	<b>200m</b>		
		<b>16 X 25 on 40 sec</b>	<b>12 X 25 on 50 sec</b>	<b>8 X 25 on 1.10 sec</b>	<b>Fins optional</b>	<b>Medley order , first 10 strokes fast, on adv 40 / inter 50 / begin 1.10 sec</b>
<b>5</b>	<b>COOL DOWN</b>	<b>400m</b>	<b>300m</b>	<b>200m</b>		
		<b>200 200</b>	<b>100 200</b>	<b>100 100</b>	<b>Fins</b>	<b>Kick Pull and paddles</b>
<b>6</b>						
<b>7</b>						
	<b>TOTAL</b>	<b>2.0 km</b>	<b>1.6 km</b>	<b>1.2 km</b>		



<b>28</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>1</b>	<b>WARM UP</b>	<b>500m</b>	<b>400m</b>	<b>300m</b>		
		100 100 100 100 100	100 100 100 100	100 100 100	<b>Fins</b>	<b>Freestyle on 2:00</b> <b>Easy</b> 75m easy, 25 max effort 50m easy, 25 max, 25 easy 25m easy, 25 max, 50 easy 25m max, 75 easy
<b>2</b>	<b>MAIN 1</b>	<b>1000m</b>	<b>800m</b>	<b>300m</b>	<b>1000m</b>	
		500m x 2 do all 4 drills	400m x 2 do first 3 drills	300m x 2 do first 2 drills	<b>Fins</b>	50 free kick, 100 freestyle, 50 free kick.=200m <b>50 back kick, 50 backstroke = 100m</b> 100m 1 arm fly on side = 100m <b>4 x 25m butterfly</b> <b>4-6 strokes fast and no breathing, rest</b> <b>easy on 1:00=100m</b>
<b>3</b>	<b>MAIN 2</b>	<b>600m</b>	<b>400m</b>	<b>200m</b>		
		3 x 200	2 x 200	1 x 200		<b>Freestyle descending (getting faster)</b> on 4:30 4:15 4:00
<b>4</b>	<b>MAIN 3</b>	<b>300m</b>	<b>200m</b>	<b>200m</b>		
		3 x 100	2 x 100	2 x 100		<b>Form stroke, no freestyle</b> <b>Concentrate on kick.</b>
<b>5</b>	<b>COOL DOWN</b>	<b>100m</b>	<b>200m</b>	<b>200m</b>		
		100	100	200		
	<b>TOTAL</b>	<b>2.5 km</b>	<b>2.0 km</b>	<b>1.2 km</b>		





<b>29</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>1</b>	<b>WARM UP</b>	<b>600m</b>	<b>500m</b>	<b>500m</b>		
		<b>600m</b>	<b>500m</b>	<b>500m</b>	<b>Fins wall</b>	<b>Freestyle, concentrate on good turns and streamlining with 4 -6 kicks off the</b>
<b>2</b>	<b>MAIN 1</b>	<b>600m</b>	<b>500m</b>	<b>500m</b>		
		<b>600</b>	<b>500</b>	<b>500</b>	<b>Fins</b>	<b>Alternate free, back, and fly kick</b>
<b>3</b>	<b>MAIN 2</b>	<b>600m</b>	<b>500m</b>	<b>500m</b>		
		<b>600m</b>	<b>500m</b>	<b>500m</b>	<b>Fins, paddles</b>	<b>Free and /or back, with fins and paddles</b>
<b>4</b>	<b>MAIN 3</b>	<b>600m</b>	<b>500m</b>	<b>500m</b>		
		<b>600m</b>	<b>500m</b>	<b>500m</b>	<b>Fins</b>	<b>Freestyle, breath every 2, 3, 4, 5, strokes for 100 Relax breathing, blow out</b>
<b>5</b>	<b>MAIN 4</b>	<b>600m</b>	<b>500m</b>			
		<b>600m</b>	<b>500m</b>		<b>Fins</b>	<b>Choice</b>
	<b>TOTAL</b>	<b>3.0 km</b>	<b>2.5 km</b>	<b>2.0 km</b>		
<b>6</b>	<b>COOL DOWN</b>	<b>100m</b>	<b>100m</b>	<b>200m</b>		
		<b>1 x 100</b>	<b>1 x 100</b>	<b>2 x 100</b>		<b>Choice</b>
	<b>TOTAL</b>	<b>2.4 km</b>	<b>2.0 km</b>	<b>1.5 km</b>		



<b>30</b>	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>1</b>	<b>WARM UP</b>	<b>500m</b>	<b>400m</b>	<b>300m</b>		
		5 x 100 10 sec rest after each 100	4 x 100 10 sec rest after each 100	3 x 100 10 sec rest after each 100	No fins	Freestyle, high elbows, fingertip drag, stretch, catch, work the pull through.
<b>2</b>	<b>MAIN 1</b>	<b>600m</b>	<b>600m</b>	<b>300m</b>		
		4 x 150m 10 sec rest after each 150	4 x 150m 10 sec rest after each 150	2 x 150m 20 sec rest after each 150	Fins	150 m = 50 fly kick, 50m back kick, 50 free kick on side.
<b>3</b>	<b>MAIN 2</b>	<b>500m</b>	<b>300m</b>	<b>200m</b>		
		5 x 100	3 x 100	4 x 50	Pull buoy, paddles	Freestyle pull, 10 sec rest after each 100 / 50m
	<b>SET</b>	<b>ADVAN</b>	<b>INTER</b>	<b>BEGIN</b>	<b>EQUIPMENT</b>	<b>WHAT TO DO AND HOW</b>
<b>4</b>	<b>MAIN 3</b>	<b>300m</b>	<b>300m</b>	<b>200m</b>		
		6 x 50 Or 3 x 100	6 x 50 Or X 100	4 x 50	Fins	Freestyle, 8 strokes fast, 10 sec rest after each 100 / 50m
<b>5</b>	<b>MAIN 4</b>	<b>300m</b>	<b>300m</b>	<b>300m</b>		
		6 X 50m 1:10	6 x 50m 1:15	6 x 50m 1:20		Alternate breast and backstroke on 1:10/ 1:20
<b>6</b>	<b>COOL DOWN</b>	<b>300m</b>	<b>100m</b>	<b>200m</b>		
		6 x 50	2 x 50	4 x 50		Breath on every 2, 3, 4, stroke for each 50m, easy
	<b>TOTAL</b>	<b>2.5 km</b>	<b>2.0 km</b>	<b>1.5 km</b>		