

## Programs 41 - 50

### 41

Lactate Tolerance set (approximately 5km)

#### Warm Up:

200m Free: 100m Pull, 100m Kick – 3 times through

#### Main set

6x 50m: 25m easy, 25m hard on 1 min

5 x 200m: Max effort on 5 min – descending (getting faster each 200m)

8 x 50m: Gradually getting slower - any stroke

#### Cool down

400m: Paddles and fins Freestyle

400m: Kick(fins)

400m: Pull and Paddles

400m: Choice stroke and fins

400m: IM with fins (optional)

42

Mainly Freestyle – approx. 3km

**Warm Up**

20 x 50m Freestyle on 1 minute

**Main**

8 – 10 x 100m Pull and Paddles on 2 minutes

5 x 100m Kick with fins on 2 minutes

**Cool down**

16 x 25m on 35 sec – sculling, drills, change of breathing and head up Freestyle

43

IM/ Kick/Drills – approx. 5km

### **Warm Up**

500m: 5 x (75m Free, 25m stroke)

### **Main**

5 x 200m fins: (50m Fly Drill/Kick, 50m Fly, 50m Back Kick/Drill, 50m Backstroke)

6 x 50m Fly/Back switch on 1 minute (25m Fly, 25m Back)

6 x 50m Back/Breast switch on 1minute

6 x 50m Breast/Free switch on 1 minute

10 x 100m IM on 1.45 (fins optional)

12 x 50m Kick on 1 minute with fins –

1. 50m easy
2. 25m easy, 25m hard
3. 25m hard, 25m easy
4. 50m hard

Repeat set 1. – 4. 3 times through

### **Cool down**

6 x 200m alternating IM and Free on 3.45 or rotating IM starting with different stroke of medley

44                      Endurance – (approx. 5km or more)

**Warm Up:**

1000m:              5 x 200m – 150m Free, 50m Not Free –  
continuously

**Main:**

800:                      4 x 200m Drill swim for each stroke  
(50m drill, 50m swim, 50m drill, 50m swim)

*Suggestions:*

Fly drills:              Butterfly kick on back or side, 1 arm butterfly on  
side, 3 left arm/3 right/3 both arms, etc.

Back drills:              Double arm backstroke, 1 arm backstroke, 6 kicks  
with arm perpendicular to body, etc.

Free drills:              Kicking emphasising body rotation, 1 arm  
Freestyle, 1 arm Freestyle and one arm on side  
(breathing to non-moving arm or breathing to  
the moving arm side), etc.

Breaststroke drills: 3 kicks per stroke, 3 pulls to 1 kick, kick and  
breathe (arms alongside), 1 -2 -3 glide Breaststroke, etc.

600m:                      Free pull with good technique

400m:                      Explode – 8 strokes fast from each wall

200m:                      Streamline push offs the wall

4 x 15/20/25/50m sprints with fins

**Cool down**              1500m swim (Free with fins and paddles)

45

Short Rest Aerobic

**Warm Up:**

800m Free:            Every 4<sup>th</sup> 50m Form stroke

**Main:**

16 x 25m:            Odds drill, evens swim on 40 sec

12 x 200m:           Free with fins descending 1 – 4

400m:                Kick with board

**Cool Down:**

800m swim/form:    4<sup>th</sup> stroke Free

46

Heart Rate set – approx. 5km

**Warm Up:**

600m: 4 x (100m Free, 50m Drill/Kick) – no fins

**Main Set:**

24 x 100m: With fins on 1.20/1.30 holding 1.10 or 1.20 respectively

8 x 50m Pull: No paddles on 1 min – first fast and then add 2 sec to each 50m time

**Cool Down:**

4 x 200m: (75m kick (no board), 75m drill, 50m swim)

1. Fly
2. Back
3. Breast
4. Own Choice



48

Mainly free – heart rate set – approx. 5km

**Warm Up:**

16 x 50m: 2 x (4 x 50m Free on 55 sec, 4 x 50m IM on 60 sec)

300m: 25m Kick and scull, 25 drill – Form stroke

**Main Set:**

10 x 200m: with fins on 4minute - heart rate

300m: easy choice

**Cool down:**

16 x 50m: 2 x ( 4 x 50m Free on 55 sec, 4 x 50m IM on 60 sec)



49

Approx. 5km

Warm Up:

800m: 2 sets of the following – 75m swim, 25m kick for free, back and breast  
75m kick, 25m swim fly

Main Set:

20 x 50m: Free on 50 sec

400m: Free kick with fins

10 x 100m: Free on 1.40/1.50

8 x 50m: IM switch with fins on 1minute

Cool down:

400m: Pull and paddles

50

Distance

**Warm Up:**

400m Freestyle

16 x 25m:

Alternating drill and swim – choice of stroke – on 40 sec

**Main Set:**

4 x 1000m on 15 min

**Cool down:**

200m easy swim down