

## Training Programs: 31 – 40

### Sets 31 - 34 by Andrea Mitchell

| <b>31</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>                           |                              |   |
|           |                  | 800m                                  | 600m                                  | 400m                                  | No Fins                      | Timed freestyle   |
| <b>2</b>  | <b>MAIN 1</b>    | <b>200m</b>                           | <b>200m</b>                           | <b>200m</b>                           |                              |   |
|           |                  | 200m                                  | 200m                                  | 200m                                  | No Fins                      | Easy choice   |
| <b>3</b>  | <b>MAIN 2</b>    | <b>400m</b>                           | <b>300m</b>                           | <b>200m</b>                           |                              | 1   |
|           |                  | 8 x 50<br><br>10 sec rest on each 50m | 6 x 50<br><br>20 sec rest on each 50m | 4 x 50<br><br>20 sec rest on each 50m | <b>No Fins<br/>Stay flat</b> | Alternate breaststroke kick, (feet to bum, toes out, kick, snap and glide) and backstroke kick, (ears between arms, stretch, chest and stomach flat)<br>Rest on each 50m. |
| <b>11</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>MAIN 3</b>    | <b>400m</b>                           | <b>400m</b>                           | <b>200m</b>                           |                              |   |
|           |                  | 8 x 50<br>On 1:00                     | 8 x 50<br>On 1:10                     | 4 x 50<br>Own time                    | <b>Fins</b>                  | IM switch, with fins, on 1:00 /1:10<br>1. Fly, Back,<br>2. Back, Breast,<br>3. Breast , free,<br>4. Free, fly.<br>Repeat.   |
| <b>5</b>  | <b>MAIN 4</b>    |                                       |                                       |                                       |                              |   |
| <b>6</b>  | <b>COOL DOWN</b> | <b>200m</b>                           | <b>100m</b>                           | <b>200m</b>                           |                              |   |
|           |                  |                                       |                                       |                                       |                              | <b>Well Done !</b>  |
|           | <b>TOTAL</b>     | <b>2.0 km</b>                         | <b>1.6 km</b>                         | <b>1.2 km</b>                         |                              |   |

| <b>32</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>20</b>                              | <b>No fins</b>   | <b>Freestyle, high elbows, fingertip drag, stretch, catch, work the pull through. Easy</b>                         |
| <b>2</b>  | <b>MAIN 1</b>    | <b>600m</b>                            | <b>500m</b>                            | <b>400m</b>                            |  |  |
|           |                  | <b>200</b><br><b>200</b><br><b>200</b> | <b>150</b><br><b>200</b><br><b>150</b> | <b>200</b><br><b>100</b><br><b>100</b> | <b>Board &amp; fins</b><br><b>Kick 100%</b><br><b>effort for 50m</b><br><b>of each set</b> | <b>Free kick,</b><br><b>Breaststroke kick,</b><br><b>Backstroke</b><br><b>Kick 100% effort for 50m of each set</b> |
| <b>3</b>  | <b>MAIN 2</b>    | <b>600m</b>                            | <b>400m</b>                            | <b>200m</b>                            |  |  |
|           |                  | <b>6 x 100</b>                         | <b>4 x 100</b>                         | <b>4 x 50</b>                          | <b>Pull buoy,</b><br><b>Paddles</b>  | <b>Freestyle pull,</b><br><b>10 sec rest after each 100 / 50m</b>  |
| <b>14</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>MAIN 3</b>    | <b>300m</b>                            | <b>300m</b>                            | <b>200m</b>                            |  |  |
|           |                  | <b>6 X 50m</b><br><b>1:10</b>          | <b>6 x 50m</b><br><b>1:15</b>          | <b>4 x 50m</b><br><b>1:20</b>          | <b>No fins</b>   | <b>Alternate breast and backstroke on 1:10/ 1:20</b><br><b>First 6 strokes hard.</b>                               |
| <b>5</b>  | <b>MAIN 4</b>    | <b>200m</b>                            | <b>200m</b>                            | <b>100m</b>                            |  |  |
|           |                  | <b>4 x 50m</b>                         | <b>4 x 50m</b>                         | <b>2 x 50m</b>                         | <b>Fins</b>  | <b>Butterfly,</b><br><b>full fly for 25m and then 1 arm drill for 25m</b>  |
| <b>6</b>  | <b>COOL DOWN</b> | <b>100m</b>                            | <b>200m</b>                            | <b>100m</b>                            |  |  |
|           |                  | <b>2x 50</b>                           | <b>4 x 50</b>                          | <b>4 x 50</b>                          | <b>Fins</b>  | <b>Breathe every 2, 3, 4, 5, stroke on every 50m.</b><br><b>Easy, relax lungs, blow.</b>                           |
|           | <b>TOTAL</b>     | <b>2.0 km</b>                          | <b>1.8 km</b>                          | <b>1.2 km</b>                          |  |  |

| <b>33</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>Remember to Count strokes &amp; Relax breathing</b>   | <b>Warm up incorporated in main 1</b>   |
| <b>2</b>  | <b>MAIN 1</b>        | <b>1800m</b>  | <b>1500m</b>  | <b>1200m</b>   |  |   |
|           |                      | <b><u>50@ 1:00</u></b><br>300m<br><b>250m</b><br>200m<br><b>150m</b><br>100m<br><b>50m</b><br>50m<br><b>100m</b><br>150m<br><b>200m</b><br>250m<br><b><u>36min:</u></b> | <b><u>50@ 1:10</u></b><br>250m<br><b>200m</b><br>150m<br><b>100m</b><br>50m<br><b>50m</b><br>100m<br><b>150m</b><br>200m<br><b>250m</b><br><b><u>35min:</u></b> | <b><u>50@ 1:15</u></b><br>200m<br><b>150m</b><br>100m<br><b>50m</b><br>50m<br><b>100m</b><br>150m<br><b>200m</b><br>200m<br><b><u>30min:</u></b> | <b>Breath every 3<br/>2 kicks, 1 arm<br/>Breath every 4<br/>On your side<br/>Breath every 5<br/>Choice<br/>Breath every 4<br/>Scull, catch, pull<br/>Breath every 3<br/>Stretch, no board<br/>Breath every 2</b> | <b>Freestyle / fins/ Breaststroke, kick drill<br/>Freestyle / fins<br/>Butterfly, arm drill / fins<br/>Freestyle / fins<br/>Form stroke, swim<br/>Freestyle / fins<br/>Backstroke, arm drill/ fins<br/>Freestyle / fins<br/>Backstroke, kick drill<br/>Freestyle / fins</b> |
| <b>13</b> | <b>SET</b>           | <b>ADVAN</b>  | <b>INTER</b>  | <b>BEGIN</b>   | <b>EQUIPMENT</b>   | <b>WHAT TO DO AND HOW</b>   |
| <b>3</b>  | <b>MAIN 2</b>        | <b>500m</b>   | <b>400m</b>   | <b>400m</b>  |  |   |
|           | <b>Breast Stroke</b> | <b>150</b><br>6 x 25<br><br><b>150</b><br>6 x 25  | <b>150</b><br><br><br><b>150</b>  | <b>150</b><br><br><br><b>150</b>   | <b>Board</b><br><br><b>Fins</b><br><br><b>Fins: free style kick</b>  | <b>Kick, 50 front, 50 back<br/>Feet, bum, out, kick and snap down. Feet, bum, out, kick and snap up.<br/>Arms. Streamline 3 sec; pull, out sweep, in sweep &amp; recover</b>  |

|   |                  |               |               |               |  |   |
|---|------------------|---------------|---------------|---------------|--|---|
|   |                  | 200           | 100           | 100           |  | <b>to streamline. Accelerate from the beginning. Chin tucked in. Breast stroke : pull, breath, kick &amp; glide for 3</b> |
| 4 | <b>COOL DOWN</b> | <b>200M</b>   | <b>100M</b>   | <b>100M</b>   |  |   |
|   |                  | 200           | 100           | 100           |  | <b>Choice</b>   |
|   | <b>TOTAL</b>     | <b>2.5 km</b> | <b>2.0 km</b> | <b>1.7 km</b> |  |   |

| <b>34</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</b>           | <b>Freestyle, concentrate on good turns and streamlining with 4-6 kicks off the wall.</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, breathe 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>  |                       |   |

## **35 SET – Emphasis on sprints – approx. 2km**

### Warm Up:

200m Free

200m Pull

200m Kick with fins

### Main:

2 x 15m, 25m, 35m & 50m sprints with or without fins

200m easy back kick/swim

2 x 15m, 25m, 35m, & 50m sprints with fins

200m easy swim choice

2 x 15m, 25m, 35m & 50m kick sprints with fins and board

### Cool down:

200m swim

200m Pull

200m Kick

**36 Set: – aerobic mixed activities – approx. 2km**

**Warm Up:**

200m Free

200m IM switch (or IM)

**Main:**

5 x 100m Freestyle on 1.45/2 min

5 x 100m Pull on 2 min/2.15

5x 100m Free kick on 2min/2.15

**Cool down:**

4 x 25m Free – 1<sup>st</sup> 25m breathe every 2<sup>nd</sup> stroke, 2<sup>nd</sup> 25m breathe every 3<sup>rd</sup> stroke, 3<sup>rd</sup> 25m breathe every 4<sup>th</sup> stroke and the last 25m breathe every 5<sup>th</sup> stroke

4 x 25m kicking streamline – underwater butterfly kick

4 x 25m drills

4 x 25m free gradually swimming slower each 25m

**37 Set: Triathlete program**

**mainly freestyle approx. 2- 3 km**

**Warm Up:**

20 x 50m free on 1 minute -5<sup>th</sup> 50m fast

**Main:**

6 x 100m Kick on 2 minutes – fast/easy

6 x 100m Pull on 1.45

**Cool down:**

2 x (100m Free, 50m No Free)



**38 Set: Medley Program – approx. 2km**

**Warm Up:**

4 x 150m – 50m Free, 50m Back and 50m Breast (with or without fins)

**Main Set:**

12 x 25m – IM order on 40/45 sec

8 x 50m IM switch fins on 1 min/1.15

6 x 100m IM/Free on 2 min

**Cool down:**

4 x (25m swim to half way, 25m walk back)

**39 Set: approx. 2km – mainly freestyle – mainly aerobic**

**Warm Up:**

300m easy choice

200m – 25m catch up free, 25m choice swim

100m choice

**Main Set:**

300m Freestyle

16 x 25m Free on 40 sec

200m Back stroke (with or without fins)

12 x 25m Back on 45 sec

100m Breaststroke

8 x 25m Breaststroke on 50 sec

**Cool down:**

200m easy swim

**40 Set: mixed activities – approx. 2km**

**Warm Up:**

300m easy choice

**Main:**

24 x 25m on 45 sec - 6 sets of (1. Free Pull, 2. Catch up Free, 3. Free Pull, 4. Free Kick)

200m – practising fast fly kick (6- 8 kicks off the wall) then freestyle

200m easy choice

**Cool down:**

200m Free (50m kicking on side, 50m Free, 50m Kick on side, 50m free) easy