



Training Programs
61 – 70

Programme 61

mainly freestyle (suit triathlete) – approx. 2 – 3km

Warm Up:

400m Free

Main Set/s:

300m Drill/Swim Free

15 x 100m on 2 min with fins

Cool down:

300m drill/swim free or choice of stroke



Programme 62

mixed activities – mainly freestyle 2 – 3km

Warm Up:

300m (50m breathing on 1 side freestyle, 50m bilateral breathing freestyle)

400m (50m Free, 50m Back, 50m Free, 50m Breast – twice through)

Main Set:

10 x 100m free on 2 min/2.15

(100m Swim, 50m kick) – choice of stroke – 4 times through

Cool down:

200 easy choice



Programme 63

mixed activities – 2 – 3km

Warm Up:

100m Free

100m Choice

100m Free

100m choice

Main Set:

Fins – 4 x 150m (50m Fly kick, 50m Back kick, 50m Free kick on side) 10 sec rest after each 150m

5 x 100m Pull and paddle free 10 – 15 sec rest

3 – 5 x 100m Free (first 8 strokes fast off the wall to start each 50m) – 10 sec rest

4 – 6 x 50m alternating Breast and Back on 1.10/1.20

Cool down:

100m easy IM

Optional if time 200m easy choice



Programme 64

mixed 200m programme – aerobic – 14 x 200m

Rest whenever required. You can break the 200m into 4 x 50m if you wish.

- 200m Freestyle (no fins)
- 200m Freestyle with fins
- 200m Free kick with fins and board
- 200m Free drill with fins and board
- 200m Free pull (paddles optional)
- 200m Backstroke (fins optional)
- 200m streamline Backstroke kick with fins (no board)
- 200m Backstroke drill – fins optional
- 200m Breast kick with board
- 200m Breaststroke drill
- 200m Breaststroke
- 200m (alternating 50m fly kick then 50m Fly- twice through)
– fins optional
- 200m IM (fins optional)
- 200m easy choice



Programme 65

mixed activities – 2 – 2.5km

Warm Up:

2 - 4 x 150m (100m swim, 50m kick) – (alternate 150 free, 150 form stroke)

Main set

8 -10 x 50m Free – 4 -6 x 50m on 1 min 1.10

2 x 50m on 55 sec 1.05

2 x 50m on 50 sec 1min

100m easy free kick with fins and board

4 x 100m IM - fins – rotating starting stroke on 1.45/2 min

4 x 50m Backstroke with fins on 1 min – 8 strokes fast and the rest easy

4 x 50m Breaststroke on 1.15/1.20 – building start... start easy and then build to max effort

Cool down:

200m Free Pull and paddles – long strokes with good technique

200m 1 arm fly on side with fins – change sides each 50m

100m easy choice



Programme 66

mixed activities – mainly aerobic

Warm Up:

2 x (100m Free, 50m Back, 50m Breast) no fins

16 x 25m (alternating 25m drill, then 25m Free) on 35 sec.

Drills can include: Head up freestyle, sculling with head up, dog paddle, freestyle with heads in a fist, 1 arm free (other arm on side) – breathing to non-moving arm or breathing to the moving arm side, etc.)

Main Set/s:

10 x 50m Free pull and paddles on 1 min

100m Breast kick

100m Breast holding glide for 3 seconds

100m Breast drill 3 kicks /stroke

4 x 25m Breast on 45 sec

100m Butterfly kick with fins – on front, back or side

200m 1 arm butterfly drill on side with fins

4 x 25m Butterfly with fins on 40 sec – good technique

Cool down:

100m swim (any stroke), 100m Pull, 100m Kick



Programme 67 - mixed activities

Warm Up (with or without fins)

2 - 4 x 100m (75m Free, 25m Dog Paddle with or without fins)

2 – 4 x 100m (75m Free, 25m kick and scull)

Main Set/s

6 – 10 x 50m Form stroke – first 6 – 8 strokes fast and then easy swimming for the rest of the lap – 10 sec rest after each 50m

2 – 4 x 25m walking or running

6 x 50m Free kick with fins on 1min/1.15 (alternate easy then hard each 50m)

4 – 6 x 50m Form stroke (25m easy, 25m hard) – 15 sec rest

2 – 4 x 25m walking or side gallops

200m Free Pull and paddles – good technique

Cool down:

100m easy Back or Fly kick with fins

100m easy choice with fins

100m easy Back or Fly kick with fins

100m easy choice



Programme 68

mixed activities – mainly aerobic

Warm Up:

400m Free or 800m Free timed

200m Easy choice

Main Set:

10 x 50m alternating 50m backstroke and then 50m Breaststroke on 1.15

300m kick with board alternating 50m Breast kick, then 50m Free kick

4 x 50m IM switch with fins on 1 min

Cool down:

200m Free pull easy (paddles optional)



Programme 69

mixed activities – mainly aerobic

Warm Up:

200m Free – 20 sec rest

150m Free – 15 sec rest

100m Free – 10 sec rest

50m Free – 5 sec rest

Main Set/s:

8 x 50m IM switch with fins (ie 25m Fly/25m Back, 25m Back/25m Breast, 25m breast/25m Free, 25m Free/25m Fly) on 1 minute

4 x 100m Pull and paddles (optional) on 2 min

6 x 50m Kick with fins on 1 min

200m alternating 50m Back, then 50 Breast – no fins

4 x 25m Butterfly with no fins on 45 sec

Cool down:

4 x 50m Freestyle change of breathing each 50m on 1min

300m Easy choice



Programme 70

mixed activities – mainly aerobic

Warm Up:

400m Freestyle with fins

Main Set/s:

200m Backstroke
200m Backstroke with fins } x 2

3 x 100m Free Pull with 15 sec rest
4 x 50m Free kick with board with 15 sec rest } x 2

Cool down:

400m own choice