

**Warm-Up**

6 x 1 Length: Easy freestyle. First half of each lap with a conscious flaw: head too high with eyes looking forward. At mid-pool, lower head to eyes-down position.

**Awareness Focus: How is your balance, catch, tempo, etc?**

1 Lap: Focus on and try to assess your balance – tell coach how you think it is.  
1 Lap: Repeat exercise, this time with the focus on the catch.  
1 Lap: Repeat exercise, this time with the focus on tempo.

**Video**

Underwater – one length plus open turn and a few strokes.

**Warm-Down**

Focus: Each lap becomes more relaxed.  
1 x 4 Laps easy swimming.

**Video Review**

Focus: What needs the most work?

**Working Out**

Plan your workout ahead of time. Have a single technique focus for that day. Use a plan like the one below to work on maintaining your form while building distance.

**Test Sets Answer the Question: Are you improving?**

Repeat a test set once a month. Same preparation, same circumstances, etc.  
Example: 800 yards, record time, ending heart rate, SPL, rating of perceived exertion.

**Build to an 800-yard Distance at Race Pace**

Before starting, select a pace at which you can comfortably swim a single lap. Note your time and your stroke count. Try to maintain that pace and stroke count for all repeats in the set.

This is a progression done over multiple workouts. Work your way through the steps, repeating one step once or twice per workout, until you can easily maintain your pace at that step. You should have adequate rest between each repeat (5 bobs, for example), so that you can maintain your pace and stroke count on each subsequent repeat. When you can complete all repeats at the same pace and stroke count, lower your pace by one or two seconds (or more if the last step was much too easy!), and begin over with Step 1.

Step	25-Yard Pool	20-Yard Pool
1	16 x 1 Lap	20 x 1 Lap
2	8 x 2 Laps	10 x 2 Laps
3	4 x 4 Laps	5 x 4 Laps
4	2 x 8 Laps	2 x 10 Laps
5	1 x 16 Laps	1 x 20 Laps

**Note:** Remember to always select a focus point – it can vary from repeat to repeat, but don't swim any laps without focusing on some aspect of your stroke. Conceptual points are better.