

Warm-Up

Technique focus for warm-up: Streamline for maximum glide on every turn.

3 x 2 Laps: Easy freestyle

Awareness Focus: Underwater Swimming

Swim one length underwater.

Awareness Focus: What is holding you back?

2-Lap repeats. Tell the coach what to look for.

Coach will suggest things to help. Try them and evaluate...

Test Sets Answer the Question: Are you improving?

Repeat a test 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.

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?