

12 week swim sessions

BASIC SKILLS IMPROVEMENT	Week 1 session 1 basic skills improvement 850mtrs	Notes
Warm up	4x25mtrs Easy 10 seconds recovery	
Warm up set	2x25mtrs 1x50mtrs 2x25mtrs 10 seconds recovery	
Technique	1x25mtrs BP 4 1x25mtrs BP 6 1x25mtrs BP 8 1x25mtrs BP 6 1x25mtrs BP 4 20 Seconds recovery	BP = Breathing Pattern
Main set	4x25mtrs @80% 10 Seconds recovery 2x50mtrs @80% 20 Seconds recovery 1x100mtrs @80%	
Warm down	3x50mtrs Easy 30 Seconds recovery	

BASIC SKILLS IMPROVEMENT	Week 1 session 2 basic skills improvement approx 1000mtrs	Notes
Warm up	6x25mtrs Easy 10 seconds recovery	
Warm up set	2x25mtrs @ 70% 2x50mtrs @ 70% 2x25mtrs @70% 10 seconds recovery	
Technique	Balance drills 2x25mtrs front drill. 2x25mtrs side drill. 2x25mtrs torpedo You should practice all of these for 5 minutes each.	<p>Front drill = place hands by your side with head down, keep body horizontal with crown of head just breaking the surface. Steady kick</p> <p>Side drill = as above but rotating body to an angle of 45% either side. Steady kick</p> <p>Torpedo drill = as above but now perform a greater body roll, aiming to keep your body horizontal. Steady kick.</p>
Main set	2 x100mtrs @ 70% 30 seconds recovery 4x50mtrs @ 70% 20 seconds recovery 4x25mtrs @80% 15 seconds recovery	
Warm down	3x50mtrs Easy BP 4 30 Seconds recovery	BP = Breathing pattern

BASIC SKILLS IMPROVEMENT	Week 1 session 3 basic skills improvement 850mtrs	Notes
Warm up	6x25mtrs Easy BP.2.3.4.4.3.2 10 seconds recovery	BP = Breathing pattern
Warm up set	4x25mtrs @ 70% 2x50mtrs @ 70% 2x25mtrs @70% 10 seconds recovery	
Technique	KICK 2X25mtrs. 20 seconds recovery. 2x25mtrs single arm 20 seconds recovery	You should kick 12 times for every 3 strokes. Change arms each 25mtrs Kick 12 times for every 3 single arm stroke
Main set	1x100mtrs. Timed	
Warm down	3x50mtrs Easy BP 4 30 Seconds recovery	BP = Breathing pattern

BASIC SKILLS IMPROVEMENT	Week 2 session 1 basic skills 950mtrs	Notes
Warm up	4x25mtrs Easy BP 2.4.4.2	BP = Breathing Pattern
Warm up set	4x25mtrs @ 70% 2x50mtrs @ 70% 2x25mtrs @ 70% 10 seconds recovery	
Technique	2x25mtrs single arm 2x25mtrs single arm change arms every 4 strokes. 2x25mtrs single arm change arms every 2 strokes. 2x25mtrs. Catch up. BP 3 20 seconds recovery after each 25mtrs.	BP = Breathing Pattern
Main set	4x25mtrs @ 80% 10 seconds recovery. 2x50mtrs @ 80% 20 seconds recovery. 1x100mtrs @ 70%	
Warm down	4x25mtrs Easy BP 3	

BASIC SKILLS IMPROVEMENT	Week 2 session 2 basic skills improvement approx 850mtrs	Notes
Warm up	4x25mtrs Easy BP 2.4.4.2 10 seconds recovery	BP=Breathing Pattern
Warm up set	2x25mtrs @ 70% 2x50mtrs @ 70% 2x25mtrs @70% 10 seconds recovery	
Technique	Breathing 1x25mtrs. BP 4 1X25mtrs. BP 6 1X25mtrs. BP 8 1x25mtrs. 1 Breath. 1x25mtrs. NO Breath. 1x25mtrs. BP 4 20 seconds recovery each 25mtrs	
Main set	4x25mtrs @ 80% 10 seconds recovery 2x50mtrs @80% 20 seconds recovery 1x100mtrs @ 80%	
Warm down	3x50mtrs Easy BP 4 30 Seconds recovery	BP = Breathing pattern

BASIC SKILLS IMPROVEMENT	Week 2 session 3 basic skills improvement approx 1000mtrs	Notes
Warm up	6x25mtrs Easy 10 seconds recovery	
Warm up set	2x25mtrs @ 70% 2x50mtrs @ 70% 2x25mtrs @70% 10 seconds recovery	
Technique	Balance drills 2x25mtrs front drill. 2x25mtrs side drill. 2x25mtrs torpedo You should practice all of these for 5 minutes each.	<p>Front drill = place hands by your side with head down, keep body horizontal with crown of head just breaking the surface. Steady kick</p> <p>Side drill = as above but rotating body to an angle of 45% either side. Steady kick</p> <p>Torpedo drill = as above but now perform a greater body roll, aiming to keep your body horizontal. Steady kick.</p>
Main set	2 x100mtrs @ 70% 30 seconds recovery 4x50mtrs @ 70% 20 seconds recovery 4x25mtrs @80% 15 seconds recovery	
Warm down	3x50mtrs Easy BP 4 30 Seconds recovery	BP = Breathing pattern

BASIC SKILLS IMPROVEMENT	Week 3 session 1 basic skills 1200mtrs	Notes
Warm up	4x25mtrs Easy BP 2.4.4.2.	BP = Breathing Pattern
Warm up set	4x50mtrs @ 70% 10 seconds recovery	
Technique	1x25mtrs catch up 20 seconds recovery 1x25mtrs ½ catch up 20 seconds recovery 2x25mtrs swim 70% 10 seconds recovery 1x25mtrs ½ catch up 20 seconds recovery 1x25mtrs catch up 20 seconds recovery 2x25mtrs swim 70% 10 seconds recovery	
Main set	4x50mtrs @ 80% 20 seconds recovery 2x75mtrs @ 80% 20 seconds recovery 4x50mtrs @ 80% 25 seconds recovery	
Warm down	2x25mtrs Easy 2x50mtrs Easy	

BASIC SKILLS IMPROVEMENT	Week 3 session 2 basic skills 1000mtrs	Notes
Warm up	4x25mtrs Easy BP 2.4.4.2.	BP = Breathing Pattern
Warm up set	6x25mtrs @ 70% 3x50mtrs @ 70% 10 seconds recovery	
Technique	2x25mtrs. As kick 12 times then 3 strokes. 20 seconds recovery 2x25mtrs. As kick 12 times on your side then 3 strokes. Change side each 25mtrs. 20 seconds recovery.	Kick 12 times then 3 strokes for breath.
Main set	8x50mtrs @ 70% 25 seconds recovery	
Warm down	2x50mtrs Easy	

BASIC SKILLS IMPROVEMENT	Week 3 session 3 basic skills 900mtrs	Notes
Warm up	6x25mtrs Easy BP 2.3.4.4.3.2.	BP = Breathing Pattern
Warm up set	3x50mtrs @ 70% 10 seconds recovery	
Technique	Stroke rhythm 1x25mtrs. Head down doggie paddle. 1x25mtrs. Swim 1x25mtrs. Head up doggie paddle. 1x25mtrs. Swim. 2x25mtrs as ½ length doggie paddle ½ length catch up. 20 seconds recovery each 25mtrs	
Main set	2x25mtrs. Easy 10 seconds recovery 4x50mtrs @ 80% 20 seconds recovery 1x150mtrs @ 70%	
Warm down	1x100mtrs Easy	

BASIC SKILLS IMPROVEMENT	Week 4 session 1 1050mtrs	Notes
Warm up	3x50mtrs Easy BP 3.5.4	BP = Breathing Pattern
Warm up set	3x50mtrs @ 70% 10 seconds recovery	
Technique	<p>2x25mtr single arm Use FS on recovery stroke Change arm after each 25mtrs.</p> <p>2x25mtrs catch up With FS</p> <p>2X25mtrs single arm Use FS on recovery stroke change arm after each 25mtrs.</p> <p>2x25mtrs swim with FS. & BP 3 20 Seconds recovery after each 25mtrs.</p>	<p>FS = Finger skim on recovery part of stroke. BP = Breathing pattern.</p>
Main set	1x400mtrs @70%	
Warm down	3x50mtrs Easy 20 Seconds recovery	

BASIC SKILLS IMPROVEMENT	Week 4 session 2 1050mtrs	Notes
Warm up	4x50mtrs Easy BP 2.4.3.2	BP = Breathing Pattern
Warm up set	4x25mtrs @80% 15 seconds recovery	
Technique	Stroke Rhythm 1x25mtrs Head down doggie paddle. 1x25mtrs swim 1x25mtrs Head up doggie paddle 1x25mtrs swim 2x25mtrs As ½ length doggie paddle ½ length catch up Choice of recovery.	
Main set	6x75mtrs @ 70% 25 seconds recovery	
Warm down	3x50mtrs Easy 20 Seconds recovery	

BASIC SKILLS IMPROVEMENT	Week 4 session 3 1300mtrs	Notes
Warm up	4x50mtrs Easy BP 2.4.3.2	BP = Breathing Pattern
Warm up set	4x25mtrs @70% 25 seconds recovery	
Technique	Balance 2x25mtrs single arm 2x25mtrs side kick Torpedo style arms by side. 2x25mtrs single arm 2x25mtrs single arm 2x25mtrs catch up.	Change arm each 25mtrs. Non stroke hand underneath your body not in front. Change arm each 25mtrs Change arms each 25mtrs
Main set	5x50mtrs @80% 20 seconds recovery each 50mtrs. Rest for 1 minute then repeat.	
Warm down	1x150mtrs easy	

BASIC SKILLS IMPROVEMENT	Week 5 session 1 1500mtrs	Notes
Warm up	4x50mtrs Easy BP 2.4.3.2	BP = Breathing Pattern
Warm up set	4x50mtrs @ 70% 10 seconds recovery	
Technique	1x25mtrs catch up 1x25mtrs ½ catch up 1x25mtrs swim 1x25mtrs catch up 1x25mtrs ½ catch up 2x25mtrs swim 10 Seconds recovery after each 25mtrs Then repeat set.	
Main set	4x75mtrs @70% 20 Seconds recovery 2x150mtrs @70% 30 Seconds recovery	
Warm down	4x25mtrs Easy 20 Seconds recovery	

BASIC SKILLS IMPROVEMENT	Week 5 session 2 1200mtrs	Notes
Warm up	4x50mtrs Easy BP 4.6.4.6	BP = Breathing Pattern
Warm up set	8x25mtrs @ 70% 10 seconds recovery	
Technique	Kick 2x25mtrs 20 seconds recovery. 2x25mtrs side kick 20 seconds recovery.	You should kick 12 times every 3 strokes each length. Change sides each 25mtrs.
Main set	5x25mtrs @80% 20 seconds recovery Have 1 minutes rest and then repeat.	
Warm down	2x100mtrs Easy BP 4	

BASIC SKILLS IMPROVEMENT	Week 5 session 3 1200mtrs	Notes
Warm up	2X100mtrs easy Change BP every 50mtrs BP 2.4.3.2	BP = Breathing Pattern
Warm up set	4x50mtrs @ 70% 10 seconds recovery	
Technique	Hip touch (HIP) 2X25mtrs single arm with HIP. 2X25mtrs single arm. 2x25mtrs catch up with HIP. BP 3 2x25mtrs swim with HIP. BP 3	HIP = touch your hip on each recovery once you have finished your push. 4 strokes on the left then 4 on the right with HIP.
Main set	2x75mtrs @75% 20 Seconds recovery 100mtrs @80% 30 Seconds recovery 2X75mtrs @75% 20 seconds recovery	
Warm down	4x50mtrs Easy BP 4	BP = Breathing pattern

BASIC SKILLS IMPROVEMENT	Week 6 session 1 basic skills 1550mtrs	Notes
Warm up	4x50mtrs Easy BP 2.4.3.2	BP = Breathing Pattern
Warm up set	6x50mtrs @ 70% 10 seconds recovery	
Technique	Timing skills 1x25mtrs catch up 1x25mtrs ½ catch up 1x25mtrs swim 1x25mtrs swim 1x25mtrs ½ catch up 1x25mtrs catch up 2x25mtrs single arm. 20 seconds recovery Repeat.	
Main set	Pyramid all at 80% 4x25mtrs 10 seconds recovery 2x50mtrs 20 seconds recovery 2x75mtrs 25 seconds recovery. 1x100 mtrs	
Warm down	4x50mtrs Easy 30 Seconds recovery	

BASIC SKILLS IMPROVEMENT	Week 6 session 2 basic skills 1250mtrs	Notes
Warm up	4x50mtrs Easy BP 4.6.4.6	BP = Breathing Pattern
Warm up set	4x50mtrs @ 70% 10 seconds recovery	
Technique	KICK 2x25mtrs kick front 2x25mtrs kick side left 2x25mtrs kick back 2x25mtrs kick side right	
Main set	6x75mtrs @ 85% 25 Seconds recovery	
Warm down	4x50mtrs Easy 30 Seconds recovery	

BASIC SKILLS IMPROVEMENT	Week 6 session 3 basic skills 1400mtrs	Notes
Warm up	4x50mtrs Easy BP 2.4.3.2	BP = Breathing Pattern
Warm up set	6x50mtrs @ 70% 10 seconds recovery	
Technique	<p>HIP TOUCH 2x25mtrs single arm with HIP touch Change arms at each 25mtrs. 10 Seconds recovery</p> <p>.....</p> <p>2x25mtrs single arm Change arm every 4 strokes With HIP 10 Seconds recovery</p> <p>.....</p> <p>2x25mtrs single arm Change arm every 2 strokes With HIP. 10 Seconds recovery With HIP.</p> <p>.....</p>	HIP = Hip touch (Touch your hip on recovery stroke)
Main set	5x100mtrs 30 Seconds recovery	
Warm down	4x50mtrs Easy 30 Seconds recovery	

	Week 7 session 1 1350mtrs	Notes
Warm up	4x50mtrs Easy BP 2.4.3.2	60% BP = Breathing pattern
Warm up set	6x50mtrs at 70% 10 Seconds recovery	
Technique	Finish Thumbs (THB) 2x25mtrs single arm with THB 20 seconds recovery 2x25mtrs single arm (4/4) 20 seconds recovery 2x25mtrs catch up with THB (BP 3) 20 seconds recovery 2x25mtrs swim with THB (BP 3)	Thumbs = THB. This drill is to encourage swimmers to push all the way to the end of stroke. The stroke hand and thumb should brush down the upper thigh, with fingers pointing to the bottom of the pool to affect push finish. (4/4) = Change arm every 4 th stroke.
Main set	2x50mtrs Even pace 20 seconds recovery 2x75mtrs @80% 20 seconds recovery 1x200mtrs steady	
Warm down	4x50mtrs Easy Choice of recovery	

	Week 7 session 2 1250mtrs	Notes
Warm up	4x50mtrs Easy BP 4.6.4.2	60% BP = Breathing pattern
Warm up set	6x50mtrs at 70% 10 Seconds recovery	
Technique	1x25mtrs head down doggie paddle. 1x25mtrs swim 1x25mtrs head up doggie paddle 1x25mtrs swim 2x25mtrs as ½ length doggie paddle ½ length catch up. 20 seconds recovery	
Main set	2x200mtrs 1 minutes rest between	
Warm down	4x50mtrs Easy Choice of recovery	

	Week 7 session 3 1450mtrs	Notes
Warm up	4x50mtrs Easy BP 2.4.3.2	60% BP = Breathing pattern
Warm up set	6x50mtrs at 70% 10 Seconds recovery	
Technique	Advanced Balance 2x25mtrs single arm Change arms each 25mtrs. 2x25mtrs side kick (torpedo style) 2x25mtrs single arm (non stroke arm underneath, not in front) 2x25mtrs single arm Change arms each 25mtrs. 2x25mtrs catch up	Torpedo style = arms by side of body.
Main set	1x100mtrs 30 seconds recovery 1x150mtrs 30 seconds recovery 2x75mtrs 20 seconds recovery 4x25mtrs 15 seconds recovery	All at 80%
Warm down	4x50mtrs Easy Choice of recovery	

	Week 8 session 1 1350mtrs	Notes
Warm up	1x200mtrs Easy 4x50mtrs Easy 4x25mtrs Easy	60%
Warm up set		
Technique	Recovery using finger skim (FS) 2X25mtrs single arm with FS 2X25mtrs single arm (4/4) With THB 2X25mtrs catch up with THB (BP 3) 2X25mtrs swim with FS (BP 3)	FS = Finger skim on recovery part of stroke. Skim fingers across top of surface on recovery stroke. Thumbs = THB. This drill is to encourage swimmers to push all the way to the end of stroke. The stroke hand and thumb should brush down the upper thigh, with fingers pointing to the bottom of the pool to affect push finish. (4/4) = Change arms every 4 th stroke.
Main set	2x50mtrs easy 20 seconds recovery 2x75mtrs @85% 20 seconds recovery 1x200mtrs steady	
Warm down	4x50mtrs Easy swim Choice of recovery	

	Week 8 session 2 1300mtrs	Notes
Warm up	1x200mtrs Easy 2x50mtrs Easy 4x25mtrs @90%	60%
Warm up set		
Technique	Kick 2x50mtrs front 30seconds recovery 2x50mtrs side kick left. 30seconds recovery 2x50mtrs side kick right 30 seconds recovery	
Main set	2x200mtrs swim. Timed. 1Minute rest between.	
Warm down	4x50mtrs Easy swim Choice of recovery	

	Week 8 session 3 1400mtrs	Notes
Warm up	1x150mtrs Easy 3x50mtrs Easy 4x25mtrs @90%	60%
Warm up set		
Technique	Catch Fists 2x25mtrs single arm. With Fists change arms each 25mtrs. 2x25mtrs single arm (4/4) with Fists. 2x50mtrs catch up, with Fists. BP 3 2X50mtrs Swim with Fists BP 3.	Fists = clenched hand. (4/4) = Change arms every 4 th stroke. BP = Breathing Pattern.
Main set	1x100mtrs 30 seconds recovery 1x150mtrs 30 seconds recovery 2x75mtrs 20 seconds recovery 4x25mtrs 15 seconds recovery All at 80%	
Warm down	4x50mtrs Easy swim Choice of recovery	

	Week 9 session 1 1500mtrs	Notes
Warm up	1x200mtrs Easy 4x50mtrs Easy 4x25mtrs Easy	60-70%
Warm up set		
Technique	4x100mtrs swim as 75mtrs drill 25mtrs swim.	Choice of drills. (25mtr swim think about link of drill to stroke) choice of recovery.
Main set	2x50mtrs Easy 20 seconds recovery 2x75mtrs @85% 20 seconds recovery 1x200mtrs steady	
Warm down	4x50mtrs Easy swim	

	Week 9 session 2 approx 1500mtrs	Notes
Warm up	1x200mtrs Easy 4x50mtrs Easy 4x25mtrs Easy	60-70%
Warm up set		
Technique	4x100mtrs swim as 50mtrs drill 50mtrs swim.	Choice of drills. (50mtr swim think about link of drill to stroke) choice of recovery.
Main set	10 Minute Swim (Note distance)	
Warm down	4x50mtrs Easy swim	

	Week 9 session 3 approx 1500mtrs	Notes
Warm up	1x150mtrs Easy 3x50mtrs Easy 4x25mtrs Easy	60-70%
Warm up set		
Technique	8x50mtrs swim as 25mts drill, 25mtrs swim 20 seconds recovery each 50mtrs	Choice of drills. (25mtr swim think about link of drill to stroke) choice of recovery.
Main set	1x100mtrs @80% 30 seconds recovery 1x150mtrs @80% 30 seconds recovery 2x75mtrs @80% 20 seconds recovery 4x25mtrs @80% 15 seconds recovery	
Warm down	4x50mtrs Easy swim	

	Week 10 session 1 1700mtrs	Notes
Warm up	1x200mtrs Easy 4x50mtrs Easy 4x25mtrs Easy	60%
Warm up set		
Technique	4x100mtrs as 75mtrs drill, 25mtr swim.	Choice of drills. (25mtr swim think about link of drill to stroke) choice of recovery.
Main set	2 x following set 2x25mtrs Easy 20 seconds recovery 3x50mtrs hard 15 seconds recovery 1x100mtrs steady	
Warm down	4x50mtrs Easy swim	

	Week 10 session 2 1600mtrs	Notes
Warm up	2x100mtrs Easy 2x50mtrs Easy 2x50mtrs 80%	
Warm up set		
Technique	4x100mtrs as 50mtrs drill, 50mtr swim.	Choice of drills. (50mtr swim think about link of drill to stroke) choice of recovery.
Main set	3x200mtrs 70% 30 seconds recovery each 200mtrs	
Warm down	4x50mtrs Easy swim	

	Week 10 session 3 1500mtrs	Notes
Warm up	1x50mtrs Easy 3x50mtrs Easy 4x25mtrs Easy	60/70%
Warm up set		
Technique	8x50mtrs as 25mtrs drill, 25mtrs swim 20 seconds recovery each 50mtrs	Choice of drills. (25mtr swim think about link of drill to stroke) choice of recovery.
Main set	1x100mtrs @80% 30 seconds recovery 1x150mtrs @80% 30 seconds recovery 2x75mtrs @80% 20 seconds recovery 4x25mtrs @80% 15 seconds recovery	
Warm down	4x50mtrs Easy swim	

	Week 11 session 1 1500mtrs	Notes
Warm up	1x200mtrs Easy @60% 2x50mtrs Easy @60% 4x25mtrs @90%	
Warm up set		
Technique	4x100mtrs as 75mtr drill, 25mtr swim.	Choice of drills. (25mtr swim think about link of drill to stroke) choice of recovery.
Main set	10x50mtrs @80% 25 seconds recovery each 50mtrs	
Warm down	4x50mtrs Easy swim	

	Week 11 session 2 1800mtrs	Notes
Warm up	2x100mtrs Easy 2x50mtrs Easy BP 4 2x50mtrs @90%	60% Bp = Breathing pattern
Warm up set		
Technique	4x100mtrs as 50mtr drill, 50mtr swim.	Choice of drills. (50mtr swim think about link of drill to stroke) choice of recovery.
Main set	1x400mtrs @70% 40 seconds recovery 1x200mtrs @75% 30 seconds recovery 2x100mtrs @80% 25 seconds recovery	
Warm down	4x50mtrs Easy swim	

	Week 11 session 3 1400mtrs	Notes
Warm up	2x150mtrs Easy 3x50mtrs Easy (Vary BP) 4x25mtrs @90%	60% Bp = Breathing pattern
Warm up set		
Technique	8x50mtrs as 25mtr drill, 25mtr swim.	Choice of drills. (25mtr swim think about link of drill to stroke) choice of recovery.
Main set	4x25mtrs @80% 15 seconds recovery 2x50mtrs @80% 20 seconds recovery 2x100mtrs @80% 25 seconds recovery	
Warm down	4x50mtrs Easy swim	

	Week 12 session 1 1500mtrs	Notes
Warm up	1x200mtrs Easy 2x50mtrs Easy (Vary BP) 4x25mtrs @90%	60% Bp = Breathing pattern
Warm up set		
Technique	4x100mtrs as 75mtr drill, 25mtr swim.	Choice of drills. (25mtr swim think about link of drill to stroke) choice of recovery.
Main set	10x50mtrs @80% 25 seconds recovery	
Warm down	4x50mtrs Easy swim	

	Week 12 session 2 1800mtrs	Notes
Warm up	2x100mtrs Easy 2x50mtrs Easy BP 4 2x50mtrs @90%	60% Bp = Breathing pattern
Warm up set		
Technique	4x100mtrs as 50mtr drill, 50mtr swim.	Choice of drills. (50mtr swim think about link of drill to stroke) choice of recovery.
Main set	1x400mtrs @70% 40 seconds recovery 1x200mtrs @75% 30 seconds recovery 2x100mtrs @80% 25 seconds recovery	
Warm down	4x50mtrs Easy swim	

	Week 12 session 3 approx 1500mtrs	Notes
Warm up	1x150mtrs Easy 3x50mtrs Easy (vary BP) 4x25mtrsmtrs @90%	60% Bp = Breathing pattern
Warm up set		
Technique	8x50mtrs swim as 25mtrs drill, 25mtrs swim	Choice of drills. (25mtr swim think about link of drill to stroke) choice of recovery.
Main set	10 Minute swim (Note distance)	
Warm down	4x50mtrs Easy swim	