

Week 1

Warm up

200 m choice

200 m kick

Workout

Pyramid 50m, 100m, 150m, 200m, 150m, 50m (all choice except 200m free)

8 x 25 sprints

2 x 100 m fast turns

Cool Down

200 m choice/kick

Week 2

Warm up

100 m choice

100 m kick

100 m run

Workout

2 x 200 m free

4 x 50 m kick

3 x 100 m drill

Cool Down

200 m choice/kick

Week 3

Warmup

200 m choice

Workout

50 m kick, 25 m sprint (one of each stroke)

75 m IM (back, breast, free) x 4

10 – 15 min streamline (either swimming concentrating on streamline or from wall and push off)

100 m Breast

Cool Down

200 m choice/kick

Week 4

Warm up

200 m Choice

200 m Kick

Workout

50 m back x 4

200 m free

10 - 15 mins drills (ie. Dives, turns, stroke drills)

4 x 25 m butterfly

Cool Down

200 m choice/kick

Week 5

Warm up

200 m choice

200 m kick

Workout

8 x 25 m IM order (Butterfly, Back, Breast, Free)

4 x 50 m free using time clock

4 x 25 Fly

100 m Breast

Cool Down

200 m choice/kick

Week 6

Warm up

100 m Choice

100 m kick

Workout – roll the dice

1. 100 m choice
2. 4 x 25 m fly
3. Run to the deep end and back
4. 2 x 50 m free
5. 100 m breast
6. 2 x 50 back
7. 5 jumping jacks
8. 2 x 50 m IM (fly, back breast, free)
9. 2 x 25 m free sprint
10. Dog paddle to middle and back
11. 50 m fly kick
12. Water lunges

Cool Down for last 10 min of practice

Week 7

Warm up

2 x 100 m choice

2 x 100 m kick

Workout

4 x 50 m back

8 x 25 m breast

4 x 50 m free

4 x 25 m fly

100 m IM

Cool Down

200 m choice/kick

Week 8

Warm up

200 m swim

200 m kick

Workout

4 x 50 m free

200 m free (one way), choice (the other)

8 x 25 m sprints 2 of each stroke

10 – 15 min drill

Cool Down

200 m choice/kick

Week 9

Warm Up

100 m swim

100 m kick

100 m run

Workout

6 x 25 m swim free

6 x 25 m swim back

6 x 25 m swim breast

6 x 25 m swim fly (if can't do fly, choice)

2 x 200 m free (fast into the wall, med swim)

Cool Down

200 m choice

Week 10

Warm up

200 m swim

200 m kick

Workout

4 x 100 m IM

Stations – dives, turns, streamline etc...

Cool Down

200 m choice

Week 11

Warm up

200 m choice

200 m kick

Workout

4 x 50 m free

100 free

4 x 50 m back

100 m back

4 x 50 m breast

100 breast

Cool Down

200 m choice

Week 12

Warm up

50 m swim, 100 m kick, 50 swim free

50 m swim, 100 m kick, 50 swim best stroke non-free

Workout

400 m = 50 free, 50 fly, 50 free, 50 back, 50 free, 50 breast, 50 free, 50 choice

Relays with group / Dives

Cool Down

200 m choice

Week 13

Warm up

2 x 100 m choice

2 x 100 m kick

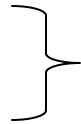
Workout

100 m swim

100 m drill

4 x 25 m fly

200 m free



x 3 = one set free, one set breast, one set back

Cool Down

200 m choice

Week 14

Warm up

200 m choice

200 m kick

Work out

200 m free

100 m choice

4 x 25 m fast free

100 m choice

200 m free

Cool Down

200 m free

Week 15

Warm up

100 m swim, 100 m kick free

100 m swim, 100 m kick choice

Workout

8 x 25 m sprints } x 4 one set of each stroke

400 m free

Cool Down

200 m cool down

Week 16

Warm up

25 m kick, 50 m swim, 25 m kick Free

25 m kick, 50 m swim, 25 m kick Breast

25 m kick, 50 m swim, 25 m kick Back

Workout

6 x 100 m on time clock

4 x 25 m fly

200 m back

Cool Down

200 m choice