

Sligo Masters Swim Club

Monday

Level: Advanced

Session Goal: Sprinting and breath control

Total Distance: 2700 meters

- 400 meters warmup, choice of strokes
- 8 x 100 meter crawl sprinting on 1st 50, resting :15 between
- (on each 100 sprint on the first 50 meters and swim easily on the second 50 meters)
- 200 meters crawl with bilateral breathing
- (choice of breathing interval, every 3rd stroke or 5th stroke)
- 8 x 100 meter IM sprinting 2 of the 4 strokes, resting :30 between
- (mix up the 2 strokes you sprint on each 100)
- 8 x 25 meter crawl breath-hold, resting :15 between
- (do not breathe entire length)
- 300 meters warmdown, choice of strokes
- (swim slowly and relax)

Notes: This session is simple in the number of sets, but has clear focus on sprinting repeats. It is an intense session aimed at the advanced swimmer and can be adjusted to fit any swimming skill and level. On the IM sprints, choose the strokes that you sprint, but you can change them on each 100. By the end of the set you should have sprinted each stroke at least twice. Any method you choose to organise the lengths that are sprinted and the lengths that are easy is up to you, however as a recommendation you can choose to sprint butterfly and back on the first 4, and breast and back on the last 4.

Sligo Masters Swim Club

Wednesday

Level: Advanced

Session Goal: Focus on backstroke and butterfly

Total Distance: 2700 meters

- 400 meters warmup mixed strokes
- (alternating crawl, backstroke and butterfly)
- 8 x 50 meters backstroke alternating lengths of kicking and pulling
- (alternate 25 meters kicking with hands stretched above your head with 25 meters pulling with ankles crossed)
- 200 meters backstroke
- (count 3 kicks per arm stroke)
- 8 x 50 meters butterfly alternating lengths of kicking and pulling
- (alternate 25 meters kicking with hands stretched above your head with 25 meters pulling with ankles crossed)
- 200 meters butterfly
- (focus on timing of pull and kick)
- 200 meters crawl
- 200 meters alternating lengths of butterfly and backstroke
- 4 x 100 meters IM, resting :15 between
- 300 meters warmdown mixed strokes
- (mixing crawl, backstroke and butterfly)

Notes: This session focuses on backstroke and butterfly stroke. You will practice both pulls and kicks for each stroke, then swim the strokes with a focus on timing. Concentrate on your technique while you are swimming, don't just daydream and go through the motions. By thinking about your technique on the swim drills good form will become automatic for you.

Sligo Masters Swim Club

Monday

Level: Advanced

Session Goal: Focus on breaststroke and crawl

Total Distance: 2700 meters

- 400 meters warmup mixed strokes
- (alternating crawl and breaststroke)
- 10 x 50 meters breaststroke alternating lengths of kicking and pulling
- (alternate 25 meters kicking with hands stretched above your head with 25 meters pulling with ankles crossed)
- 200 meters breaststroke
- (focus on counting strokes per length for a consistent count)
- 10 x 50 meters crawl alternating lengths of kicking and pulling
- (alternate 25 meters kicking with hands stretched above your head with 25 meters pulling with ankles crossed)
- 200 meters crawl
- (focus on counting strokes per length for a consistent count)
- 5 x 100 meters IM, resting :15 between
- 400 meters warmdown mixed strokes
- (mixing crawl, backstroke and butterfly)

Notes: This session focuses on breaststroke and crawl stroke. You will practice both pulls and kicks for each stroke, then swim the strokes with a focus on timing. Concentrate on your technique while you are swimming, don't just daydream and go through the motions. By thinking about your technique on the swim drills good form will become automatic for you.

Sligo Masters Swim Club

Wednesday

Level: Advanced

Session Goal: Sprinting and breath control

Total Distance: 2700 meters

- 400 meters warmup, choice of strokes
- alternate 50 meters of different strokes of your choice
- 8 x 50 meter crawl alternating windsprint with easy swim, resting : 15 between
- (on each 50 do not breath on the first 25 and swim easy on the second 25 meters)
- 4 x 100 meter crawl sprinting every other length, resting :15 between
- (alternate 25 sprint with 25 easy swim throughout the set)
- 3 x 100 meter IM sprinting butterfly and breaststroke, resting :30 between
- (swim easy on backstroke and freestyle)
- 3 x 100 meter IM sprinting backstroke and freestyle, resting :30 between
- (swim easy on butterfly and breaststroke)
- 2 x 250 meters changing breathing pattern
- 25 m breathing every 6th stroke
- 50 m breathing every 5th stroke
- 75 m breathing every 4th stroke
- 100 m breathing every 3rd stroke
- 400 meters warmdown, choice of strokes
- (swim slowly and relax)

Notes: This session includes a series of swim drills with intense sprinting for both crawl stroke and for IM. You will sprint different strokes in the IM, and alternate lengths of hard swimming and easy swimming. In addition the session includes a set of crawl with a variety of breathing patterns. Be sure to swim all strokes in both the warm up and the warm down.

Sligo Masters Swim Club

Monday

Level: Advanced

Session Goal: Improve breath control and consistency

Total Distance: 2700 meters

- 300 meters freestyle warmup
- (vary the strokes and use all 4 strokes during the warmup)
- 10 x 25 meters breath-hold resting :30 between each length
- (swim each length without taking a breathe)
- 200 meters crawl, counting strokes per length
- (try to reduce the number of strokes on subsequent lengths)
- 10 x 25 meters breath-hold resting :30 between each length
- (swim each length without taking a breathe)
- 200 meters crawl, counting strokes per length
- (try to reduce the number of strokes on subsequent lengths)
- 4 x 100 IM resting :45 between 100
- (if you are not tired from the wind sprints, reduce your rest time to :30)
- 250 crawl breathing drill
- 25 breathing every 6th stroke
- 50 breathing every 5th stroke
- 75 breathing every 4th stroke
- 100 breathing every 3rd stroke
- 4 x 100 IM resting :45 between 100
- (if you are not tired from the wind sprints, reduce your rest time to :30)
- 250 crawl breathing drill
- 25 breathing every 6th stroke
- 50 breathing every 5th stroke
- 75 breathing every 4th stroke
- 100 breathing every 3rd stroke
- 200 freestyle warmdown
- (swim slowly and relax)

Notes: You will work to improve your consistency and breath control in this session. The swim drills where you count your strokes will help in with consistency. Try to stretch out and breathe efficiently on these drills. Take very long strokes and reach or extend your lead arm as far out in front of you as you can.

The 250 meter crawl breathing drill will help you experiment with different breathing patterns. You can breath on your dominant side for the even breath lengths, then use bilateral breathing on the odd breathe lengths. Overall the session will help improve your breathe capacity.

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Wednesday

Level: Advanced

Session Goal: Improve breath control and consistency

Total Distance: 3000 meters

- 300 meters freestyle warmup
- 4 x 250 alternating breathing pattern
- 25 meters breathing every 6th stroke, 50 every 5th stroke bilateral breathing, 75 every 4th stroke, 100 every 3rd stroke (bilateral breathing)
- 4 x 100 choice of strokes
- (choose any stroke except crawl)
- 8 x 50 meters windsprint down, slow stroke back rest :15 between each length
- (swim each windsprint without taking a breathe)
- 8 x 25 meters breath-hold resting :30 between each length
- (swim each length without taking a breathe)
- 4 x 100 IM resting :45 between 100
- (if you are not tired from the wind sprints, reduce your rest time to :30)
- 300 freestyle warmdown
- (swim slowly and relax)

Notes: This session concentrates on breath control and consistent swimming. The 250 meter crawl swimming drill is designed to let you practice different breathing patterns. On the first 25 you will breath every 6th stroke. Then 50 meters breathing every every 5th stroke with bilateral breathing. Next you swim 75 meters breathing every 4th stroke. Lastly you swim 100 meters breathing every 3rd stroke with bilateral breathing. Concentrate on keeping your breathing pattern even on the 250s, and keep the count continous through your turns.

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Monday

Level: Advanced

Session Goal: Develop all 4 strokes

Total Distance: 3000 meters

- 300 meters crawl warmup
- (rest :30 between 100s)
- 4 x 200 meters IM in reverse order, resting :30
- (swim the IM in reverse order, freestyle, breaststroke, backstroke and butterfly)
- 4 x 100 butterfly, resting :15
- (keep the time consistent on each 50)
- 4 x 100 backstroke, resting :15
- (keep the time consistent on each 50)
- 4 x 100 breaststroke, resting :15
- (keep the time consistent on each 50)
- 4 x 100 meters IM alternating sprints, rest :30
- (on the first IM sprint fly and breaststroke, on the second IM sprint backstroke and freestyle)
- 300 meters warmdown use all strokes
- (swim slowly and relax)

Notes: This session concentrates on improving swimming techniques for all 4 strokes. You will swim a mix of drills taking time to focus on each stroke. During the swim drills focus on perfecting your technique and keeping your strokes consistent. The IM sprints come at the end of the session so be ready for a final burst of speed after you have completed most of the swim session.

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Wednesday

Level: Advanced

Session Goal: Develop all 4 strokes

Total Distance: 3000 meters

- 500 meters warmup alternating lengths of crawl and other strokes
- (make every other length crawl, and the other lengths a mix of the other 3 strokes)
- 4 x 200 meters IM, sprinting 1st and 3rd, resting :30 between
- (swim easy on the 2nd and 4th IM)
- 2 x 200 meters breaststroke
- (increase your pace from easy at the beginning to a sprint at the end)
- 2 x 200 meters backstroke
- (increase your pace from easy at the beginning to a sprint at the end)
- 2 x 200 meters butterfly
- (increase your pace from easy at the beginning to a sprint at the end)
- 500 meters warmdown use all strokes
- (swim slowly and relax)

Notes: For this warmup crawl on every other length and use all of the other strokes on the alternate lengths. This session uses all 4 strokes throughout giving the advanced swimmer time to concentrate on technique. Before beginning the session review swim techniques and visualize the proper stroke.

Sligo Masters Swim Club

Monday

Level: Advanced

Session Goal: Improve endurance, breathing rhythm, gain technique on turns

Total Distance: 3000 meters plus flip turn practice

- 500 meters crawl warmup
- (continuous swimming)
- 4 x 100 meters crawl, resting :15 between
- (do not breathe within 4 strokes of approaching the wall or 4 strokes after leaving the wall)
- 10 x flip turns
- (practice taking 4 strokes and doing a flip turn followed by 4 strokes without a breathe)
- 2 x 200 meters crawl fast swim
- (swim at a fast pace and focus on completing the turns like you practiced them)
- 4 x 200 IM focusing on turns
- (concentrate on making clean transitions between strokes as you make your turns)
- 400 meters crawl
- (breathe every 4th stroke and do not breathe within 4 strokes of the wall, do flip turns on all turns)
- 500 crawl warmdown
- (swim slowly and relax)

Notes: This session mainly concentrates on turns and also on breathing rhythm. It also helps you to work on endurance. The swim drills will be more helpful if you review technique prior to beginning the session.

Sligo Masters Swim Club

Wednesday

Level: Advanced

Session Goal: Sprinting and breath control

Total Distance: 3000 meters

- 300 meters warmup, choice of strokes
- alternate 50 meters of different strokes of your choice
- 4 x 100 meter IM sprinting butterfly and backstroke, resting :30 between
- (swim easy on breaststroke and freestyle)
- 8 x 25 meters crawl breath-hold resting :15 between
- (do not breathe entire length)
- 4 x 100 meters IM sprinting breaststroke and freestyle, resting :30 between
- (swim easy on butterfly and backstroke)
- 8 x 100 meters crawl sprinting every other length, resting :15 between
- (alternate 25 sprint with 25 easy swim throughout the set)
- 4 x 50 meters breaststroke, resting :15 between
- (focus on breathing consistently)
- 4 x 50 meters backstroke, resting :15 between
- (focus on breathing consistently)
- 4 x 50 meters butterfly, resting :15 between
- (focus on breathing consistently)
- 300 meters warmdown, choice of strokes
- (swim slowly and relax)

Notes: This session includes a series of swim drills with intense sprinting for both crawl stroke and for IM. You will sprint different strokes in the IM, and alternate lengths of hard swimming and easy swimming. In addition the session includes a set of crawl with a variety of breathing patterns. Be sure to swim all strokes in both the warm up and the warm down.

Sligo Masters Swim Club

Monday

Level: Advanced

Session Goal: Develop all 4 strokes

Total Distance: 3200 meters

- 400 meters split into 200 meters crawl and 200 meters IM
- (swim easy and continuously to complete the 400 meters)
- 4 x 200 meters IM alternating sprints, rest :30
- (on the first and third IM sprint fly and breaststroke, on the second and fourth IM sprint backstroke and freestyle)
- 8 x 50 butterfly, on 1:15
- (adjust the time to fit your skill level)
- 8 x 50 backstroke, on 1:15
- (adjust the time to fit your skill level)
- 8 x 50 breaststroke, on 1:30
- (adjust the time to fit your skill level)
- 4 x 100 meters IM, resting :30
- (keep the timing consistent)
- 400 meters warmdown use all strokes
- (swim slowly and relax)

Notes: This session focuses on developing all 4 strokes in a consistent manner. You may need to adjust the timing for the individual repeats based on your skill and speed. During the warm up and warm down be sure to use all of the strokes and stretch out.

Sligo Masters Swim Club

Wednesday

Level: Advanced

Session Goal: Focus on backstroke and butterfly

Total Distance: 3200 meters

- 400 meters warmup mixed strokes
- (alternating crawl, backstroke and butterfly)
- 4 x 100 meters backstroke alternating lengths of kicking and pulling
- (alternate 25 meters kicking with hands stretched above your head with 25 meters pulling with ankles crossed)
- 4 x 100 meters butterfly alternating lengths of kicking and pulling
- (alternate 25 meters kicking with hands stretched above your head with 25 meters pulling with ankles crossed)
- 200 meters alternating lengths of butterfly and backstroke
- 200 meters crawl
- 4 x 100 meters IM, resting :15 between
- 200 meters backstroke
- (count 3 kicks per arm stroke)
- 4 x 50 meters backstroke sprints, resting :10 between
- 200 meters butterfly
- (focus on timing of pull and kick)
- 4 x 50 meters butterfly sprints, resting :10 between
- 400 meters warmdown mixed strokes
- (mixing crawl, backstroke and butterfly)

Notes: This session focuses on backstroke and butterfly stroke. You will practice both pulls and kicks for each stroke, then swim the strokes with a focus on timing. Concentrate on your technique while you are swimming, don't just daydream and go through the motions. By thinking about your technique on the swim drills good form will become automatic for you.

Sligo Masters Swim Club

Monday

Level: Advanced

Session Goal: Focus on breaststroke and crawl

Total Distance: 3200 meters

- 200 meters warmup mixed strokes
- (alternating crawl and breaststroke at choice of intervals)
- 4 x 100 meters breaststroke alternating lengths of kicking and pulling
- (alternate 25 meters kicking with hands stretched above your head with 25 meters pulling with ankles crossed)
- 4 x 100 meters crawl alternating lengths of kicking and pulling
- (alternate 25 meters kicking with hands stretched above your head with 25 meters pulling with ankles crossed)
- 200 meters alternating lengths of breaststroke and crawl
- 200 meters crawl
- 4 x 100 meters IM, resting :15 between
- 200 meters breaststroke
- (focus on pull, kick and glide timing)
- 8 x 50 meters breaststroke sprints, resting :10 between
- 200 meters crawl
- (focus 3 kicks per arm stroke, or your personal pattern)
- 8 x 50 meters crawl sprints, resting :10 between
- 200 meters warmdown mixed strokes
- (mixing crawl and breaststroke)

Notes: This session focuses on backstroke and butterfly stroke. You will practice both pulls and kicks for each stroke, then swim the strokes with a focus on timing. Concentrate on your technique while you are swimming, don't just daydream and go through the motions. By thinking about your technique on the swim drills good form will become automatic for you.

Sligo Masters Swim Club

Wednesday

Level: Advanced

Session Goal: Improve breath control and consistency

Total Distance: 3200 meters

- 400 meters freestyle warmup
- 4 x 100 alternating kick 1 lap, pull 1 lap
- (do not use a kickboard for this set)
- 4 x 100 choice of strokes
- (choose any stroke except crawl)
- 200 meters crawl counting strokes per length
- (try to use less strokes on each subsequent length)
- 8 x 25 meters breath-hold resting :30 between each length
- (swim each length without taking a breathe)
- 200 meters crawl counting strokes per length
- (try to keep all lengths at the same number of strokes)
- 8 x 25 meters breath-hold resting :30 between each length
- (swim each length without taking a breathe)
- 4 x 100 IM resting :45 between 100
- (if you are not tired from the wind sprints, reduce your rest time to :30)
- 8 x 50 crawl breathing drill
- (reduce the frequency of breathes you take on each 50 (1st 50 breathe every 6 strokes, 2nd 50 every 5 strokes ...))
- 400 freestyle warmdown
- (swim slowly and relax)

Notes: This session concentrates on breath control and consistent swimming. You will swim 2 x 200 crawl counting strokes but the goal of these 2 is different. On the first one you want to try and use less strokes on each subsequent length and you might find yourself gliding a bit to get to the wall at the end of each length. Take long strokes. When you swim the second 200 and count strokes, you are trying to keep each length at the same number of strokes. These swims are alternated with the breath-hold so you will be changing from breath control to stretching out and concentrating on consistency. It is a challenging session for any level of swimming if you focus on the skills it's designed to improve. The crawl breathing drill is designed to let you experiment with different breathing patterns. On the first 50 you will breath every 6th stroke. On the second 50 you breath every 5th stroke (bilateral breathing). On the 3rd 50 you breath every 4th stroke. On the 4th 50 you breath every 3rd stroke (bilateral breathing). Then you repeat the sequence for the 5th - 8th 50s.

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Monday

Level: Advanced

Session Goal: Improve breath control and consistency

Total Distance: 3200 meters

- 500 meters freestyle warmup
- (use a variety of strokes)
- 8 x 100 meters crawl sprinting last 50 of each, resting :15 between
- (on each 100 make the second 50 faster than the first)
- 5 x 100 alternating breathing pattern
- (alternate lengths of breathing every 3rd stroke with every 5th stroke)
- 200 meters butterfly
- (sprint every other length)
- 200 meters backstroke
- (sprint every other length)
- 200 meters breaststroke
- (sprint every other length)
- 12 x 25 breath-hold, resting :15 between
- (don't breathe entire length)
- 500 freestyle warmdown
- (swim slowly and relax)

Notes: This session concentrates on breath control. Several sets of sprints are included which makes this a very challenging session. Make sure you are swimming at a pace to push yourself, but to be able to recover and complete each of the swim drills.

On the 200 meters of each of the strokes be sure to sprint every other 25 meters. This will help you prepare for races in strokes other than freestyle.

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Wednesday

Level: Advanced

Session Goal: Develop all 4 strokes

Total Distance: 3400 meters

- 500 meters warmup changing strokes every 25 meters
- (use all strokes)
- 4 x 50 meters butterfly sprints, resting :30
- (sprint each 50 at the same pace)
- 4 x 50 meters backstroke sprints, resting :30
- (sprint each 50 at the same pace)
- 4 x 50 meters breaststroke sprints, resting :30
- (sprint each 50 at the same pace)
- 4 x 50 meters crawl breath-hold, resting :30
- (sprint each length on a single breathe and at the same pace)
- 200 meters crawl alternating lengths of pull and kick
- (pull only first 25, kick only second 25, repeat -- do not use kick board)
- 4 x 200 IM resting :30 between
- (swim at a comfortable pace)
- 4 x 25 meters butterfly sprints, resting :30
- (swim each 25 at the same sprinting pace)
- 4 x 25 meters backstroke sprints, resting :30
- (swim each 25 at the same sprinting pace)
- 4 x 25 meters breaststroke sprints, resting :30
- (swim each 25 at the same sprinting pace)
- 4 x 25 meters crawl breath-hold, resting :30
- (do not breathe entire length)
- 200 IM at an easy pace
- 500 meters crawl warmdown
- (swim slowly and relax)

Notes:

In this session you will swim a lot of sprints to help improve both your speed and breathing capacity. On the swim drills that you are not sprinting focus on good technique and maintain that technique while you are sprinting.

Do not use a kickboard on the 200 meters alternating pull and kicks. While kicking hook your thumbs together and hold them out in front of you. Lift face out of the water to breath as needed. While pulling, cross your ankles.

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Monday

Level: Advanced

Session Goal: Sprinting and breath control

Total Distance: 3400 meters

- 200 meters warmup, choice of strokes
- alternate 50 meters of different strokes of your choice
- 8 x 100 meter crawl sprinting on 1st 50, resting :15 between
- (on each 100 sprint on the first 50 meters and swim easily on the second 50 meters)
- 200 meters crawl with bilateral breathing
- (choice of breathing interval, every 3rd stroke or 5th stroke)
- 4 x 100 meters IM sprinting backstroke and freestyle, resting :30 between
- (swim easy on butterfly and breaststroke)
- 4 x 100 meter IM sprinting butterfly and breaststroke, resting :30 between
- (swim easy on backstroke and freestyle)
- 8 x 25 meters crawl breath-hold resting :15 between
- (do not breathe entire length)
- 2 x 100 meters breaststroke, resting :15 between
- (focus on breathing consistently)
- 2 x 100 meters backstroke, resting :15 between
- (focus on breathing consistently)
- 2 x 100 meters butterfly, resting :15 between
- (focus on breathing consistently)
- 200 meters warmdown, choice of strokes
- (swim slowly and relax)

Notes: This session includes a series of swim drills with intense sprinting for both crawl stroke and for IM. You will sprint different strokes in the IM, and alternate lengths of hard swimming and easy swimming. In addition the session includes a set of crawl with a variety of breathing patterns. Be sure to swim all strokes in both the warm up and the warm down.

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Wednesday

Level: Intermediate

Session Goal: Improve endurance, breathing rhythm, gain technique on turns

Total Distance: 3400 meters plus turn practice

- 400 meters warmup mix strokes
- (swim all strokes during this warmup)
- 4 x flip turns
- (practice taking 4 strokes and doing a flip turn followed by 4 strokes without a breathe)
- 2 x 200 meters crawl fast swim
- (swim at a fast pace and focus on completing the turns like you practiced them)
- 4 x turn for each stroke
- (for each of the other 3 strokes practice swimming up to the wall, turning, and clearing the wall with proper breathing pattern)
- 200 meters butterfly
- (focus on making efficient turns)
- 200 meters backstroke
- (focus on making efficient turns)
- 200 meters breaststroke
- (focus on making efficient turns)
- 4 x 100 meters crawl, resting :15
- (focus on breathing pattern and efficient turns)
- 2 x turn for each IM transistion
- (practice turning twice for the fly to back transition, the back to breast transition, and the breast to free transition)
- 6 x 200 meters IM focusing on turns
- (concentrate on making clean turns on each stroke and clean transitions as you change strokes)
- 400 meters freestyle warmdown
- (swim any stroke or combination)

Notes: You will need to use this session on a day when the pool is not crowded and you can take your time swimming up to the wall and turning repeatedly. This session concentrates on turns for all strokes and transitions for the individual medley. If you swim in a pool that is normally crowded, try to enlist the other swimmers into practicing turns with you. The feedback you give one another will help everyone to improve.

This session will also help to improve your breathing pattern, especially going into a turn. Make sure you are focusing on proper breathing sequences into and out of all turns. Review notes the on how to properly

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perform turns prior to getting in the pool. By focusing on the turns and breathing you will get a good session and improve your techniques.

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Monday

Level: Advanced

Session Goal: Develop all 4 strokes

Total Distance: 3400 meters

- 500 meters warmup mix of strokes
- (use all 4 strokes)
- 2 x 200 IM kick only
- (ok to use a kickboard on this drill but you do not have to)
- 2 x 200 IM pull only
- (either cross your ankles, or use a pull bouy to float your legs)
- 4 x 100 meters butterfly, resting :30 between
- (swim each at a consistent pace)
- 4 x 100 meters backstroke, resting :30 between
- (swim each at a consistent pace)
- 4 x 100 meters breaststroke, resting :30 between
- (swim each at a consistent pace)
- 2 x 200 IM resting :30 between
- (swim at a comfortable pace)
- 500 meters crawl warmdown
- (swim slowly and relax)

Notes: During this session you will focus on your kicks and your pulls for each stroke. Review proper swimming techniques before beginning the session. While you swim the sets for each stroke try to keep the number of strokes you use on each length consistent.

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Wednesday

Level: Advanced

Session Goal: Develop all 4 strokes

Total Distance: 3400 meters

- 300 meters warmup mix of strokes
- (use all 4 strokes)
- 2 x 100 meters butterfly sprints, resting :30
- (sprint each 50 at the same pace)
- 2 x 100 meters backstroke sprints, resting :30
- (sprint each 50 at the same pace)
- 2 x 100 meters breaststroke sprints, resting :30
- (sprint each 50 at the same pace)
- 2 x 200 IM kick only
- (ok to use a kickboard on this drill but you do not have to)
- 2 x 200 IM pull only
- (either cross your ankles, or use a pull bouy to float your legs)
- 4 x 100 meters butterfly, resting :30 between
- (swim each at a consistent pace)
- 4 x 100 meters backstroke, resting :30 between
- (swim each at a consistent pace)
- 4 x 100 meters breaststroke, resting :30 between
- (swim each at a consistent pace)
- 200 IM resting :30 between
- (swim at a comfortable pace)
- 300 meters crawl warmdown
- (swim slowly and relax)

Notes: This session uses swim drills to help focus on develop technique for all 4 strokes. Aim for consistency in all of the swim drills. use the technique of counting strokes per length to see how consistent your strokes are and use less strokes to gauge if you are swimming more efficiently. Be sure to mix strokes on the warmup so you will be loose and ready for the swim drills.