

Nada K

Date: October 19 ~ W1

Workout 1

Warmup:

1 x 100 Easy Swim
4 x 25 Easy/Fast

Skills & Drills

◆ *Don't rush through this. Get through the extension – drive forward. Then feel the pressure of the water on your hand, wrist and forearm and drive it back to your feet (not your ribs!)*

4 x 50 Human Stroke/Freestyle

Main Set:

◆ *Focus on maintaining the best possible stroke you can throughout each of the 400's.*

◆ *Remember, don't fight the water, be long, strong and consistent in how you move.*

◆ *1st 400 + Pull Buoy*

◆ *2nd 400 + Fins*

◆ *3rd 400 Freestyle*

🕒 *Take 40 seconds between each 400.*

3 x 400m Perfect Freestyle

Cool Down:

2 x 50m easy

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Workout 2

Warm Up:

1 x 100 Easy Swim
1 x 100 Alt 25 Limited Breath/25 Easy Freestyle

Skills & Drills

◆ *Keep your knees straight, swing from the hips to kick and point your toes!*

2 x 25m Balance Drill
2 x 25m Balance Drill + 1 Stroke to breath
2 x 25m Balance Drill + 3 Strokes to Breath
2 x 50m Freestyle

Main Set:

- ◆ *Don't fight the water, be long, strong and consistent in how you move.*
- ◆ *Pick one stroke point to focus on for each repeat and really make an effort to create a habit.*
- ◆ *Swim the 4 x 25m with the best technique you can, at a strong pace.*
- 🕒 *Rest 5 Seconds between the 25's*
- 🕒 *Rest 15 Seconds between the 50's*
- 🕒 *Rest 30 Seconds between the 75's*

4 x 25m Strong With Great Technique
4 x 50 Descend 1-4
2 x 75 done as:

- 25 Easy / 50 Strong

Cool Down

4 x 50m easy swim

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Workout 3

Warm Up:

100 Easy
100 Taking 4 breaths per length

Skills & Drills

- ◆ Complete each Golf 50 as quickly as you can with the lowest possible stroke count.
- ◆ You'll need to count your strokes
- ◆ You'll also need to time yourself for the 50
- ◆ Your Golf score is the time you take to complete the 50 (in seconds) + the number of strokes you take.

4 x 50 Kick on Back + Fins // Freestyle
2 x 50 Golf

Main Set:

- ◆ *Don't fight the water, be long, strong and consistent in how you move.*
- ◆ *Pick one stroke point to focus on for each repeat and really make an effort to create a habit.*
- 🕒 *Take 60 seconds after the 600*
- 🕒 *Rest 20 seconds between 100's*

1 x 600 Steady & Consistent + Fins
6 x 100 @ 2.15

Cool Down

2 x 50m easy swim



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Workout 4

Warm Up:

100 Easy
100 Alternate 25 Fast/25 Easy

Skills & Drills

◆ *Keep your knees straight, swing from the hips to kick and point your toes!*

2 x 25m Balance Drill
2 x 25m Balance Drill + 1 Stroke to breath
2 x 25m Balance Drill + 3 Strokes to Breath
2 x 50m Freestyle

Main Set:

◆ *This set is designed to have you take perfect technique freestyle from an easy pace through to speed. Start out the first 25m very easy but completely focused on perfect stroke. Then maintain that stroke as you limit your breathing and hold the perfect stroke as you sprint to finish. Stay long, strong and in control at all times!*

🕒 *Rest for 45 seconds between rounds. Increase the rest interval if the stroke is falling apart – if you're not carrying the best stroke you can through to the sprint, then we're not getting the intended stimulus for the set.*

8 x 75m [25m Perfect Technique
25m Limited Breathing
25m Sprint]

Main Set:

◆ *Don't fight the water, be long, strong and consistent in how you move.*
◆ *Pick one stroke point to focus on for each repeat and really make an effort to create a habit.*

1 x 400 Steady & Consistent + PB

Cool Down

2 x 50m easy swim