

Swimming Lesson 1 - 1100m

Sets	Distance	Total	Rest	Comments
4	25	100	20	Swim
4	25	100	15	(2 & 4 are drill)
2	50	100	20	Pull
4	25	100	15	Kick using board
2	50	100	20	Pull
2	75	150	30	Swim last 25 backstroke
2	100	200	30	Swim
3	50	150	20	50 swim, 50 kick, 50 swim
4	25	100		Easy swim, 2 & 4 are drill

Drills: Single arm and catch up

Swimming Lesson 2 -1300m

Sets	Distance	Total	Rest	Comments
1	300	300	10	4 x 25, 2 x 50 pull, 4 x 25 kick
STRETCH				
1	200	200	15	2 x 75, 2 x 25 backstroke
1	300	300	15	2 x 100, 2 x 25 drill
1	200	200	15	2 x 75, 2 x 25 faster
4	50	200	15	Swim at 75%
1	100	100		Swim easy

Drill : closed fist

Swimming Lesson 3 - 1350m

Sets	Distance	Total	Rest	Comments
1	350	350	20	2 x 50 swim, 2 x 75 pull, 4 x 25 on :45 sec
Main Set				
1	200	200	20	100 swim, 4 x 25 drill 1 up/swim back
1	200	200	20	100 swim, 4 x 25 swim on :45 sec
1	200	200	20	100 swim, 4 x 25 drill 2 up/swim back
6	50	300		Swim on 1:20
1	100	100		Swim

Drill 1 Catch up, Drill 2 Single arm

Swimming Lesson 4 -1350m

Sets	Distance	Total	Rest	Comments
1	300	300	10	2 x 50 pull, 4 x 25 kick, 2 x 50 swim
STRETCH				
2	250	500	15	2 x (100-75-50-25) Rest 30-20-15-30
1	200	200	15	2 x 75 pull, 2 x 25 faster
5	50	250	15	Swim at 75%
1	100	100		Swim easy

Swimming Lesson 5 -1300

Sets	Distance	Total	Rest	Comments
1	300	300	20	100 swim, 2 x 50 pull, 4 x 25 kick
Main Set				
1	250	250		(100-75-50-25) Resting 15-10-5-30
3	50	150		Swim on 1:25
3	50	150		25 Back/25 swim, 25 breast/25 swim, 25 drill/25 swim, swim on 1:45
2	50	100		Fast on 2:00
2	75	150	20	4 x 75 (last length drill, back, breast, drill)
8	25	200	15	As a group

Drill: Catch up

Swimming Lesson 6 - 1400m

Sets	Distance	Total	Rest	Comments
1	150	150	10	25 (kick)-50-50-25 (kick)
STRETCH				
6	50	300	10	Swim at 75% (4, 5, 6 are pull)
2	75	150	20	Swim at 70% every 3 rd length backstroke
4	50	200	20	1 an 3 are drill/swim
2	75	150	20	Pull at 65%
2	50	100	30	Swim at 85%+
8	25	200	15	Swim at 80% as a group
1	150	150		1—swim, 50 kick

Drill: Choice of single arm, catch up, finger tip drag, closed fist

Swimming Lesson 7 -1600m

Sets	Distance	Total	Rest	Comments
4	25	100	10	Swim
4	25	100	10	$\frac{1}{2}$ swim/ $\frac{1}{2}$ each drill
Main Set x 2				
1	250	250	60	25-50-100-50-25 (10sec between distances)
4	25	100	15	Back/free, breast/free
2	25	50	20	Kick
3	50	150	20	Swim steady at 75% effort
		1100		
1	100	100		50 swim + 50 pull

Drills: Single arm, catch up, finger tip drag, closed fist

Swimming Lesson 8 -1400m

Sets	Distance	Total	Rest	Comments
1	300	300	10	2 x (2 x 50 swim, 2 x 25 kick)
Main Set				
1	150	150	15	100 swim, 25 drill, 25 swim
1	200	200	15	100 swim, 4 x 25 back/free
1	250	250	15	100 swim, 6 x 25 swim - odd fast
1	150	150	15	100 swim, 1 x 50 pull
5	50	250		Swim golf - 1 st fast, 2 nd count strokes, 3 rd , 4 th , 5 th reduce score
1	100	100		Swim easy

Drills: Closed fist

Swimming Lesson 9 -1500m

Sets	Distance	Total	Rest	Comments
4	25	100		Swim on :45
4	25	100		Swim on 1:00 Drill
4	25	100	15	Kick using board
2	50	100	20	Pull
Main Set				
1	500	500	10	Timed test: 150 rest 10 sec, 150 rest 10 sec, 200 swim
6	50	300		Swim on 1:30
1	300	300	10/15	2 x 100, 4 x 25
1	200	200	30	50 kick-100 pull-50 kick
1	100	100		Easy swim

Drills: single arm, catch up

Swimming Lesson 10 -1500m

Sets	Distance	Total	Rest	Comments
4	50	200		Swim on :45
4	50	200		50 kick, 25 Drill/25 swim
Main Set				
5	100	500	15	Swim at 75%
6	50	300	15	Swim, odd are greater effort
1	200	200	30	50 kick-100 pull-50 kick
1	100	100		Easy swim

Drills: Single arm, closed fist

Swimming Lesson 11 -1500m

Sets	Distance	Total	Rest	Comments
1	150	150	20	100 swim 50 kick
3	100	300	20	Concentrate on reaching
4	75	300	20	Concentrate on body roll
6	50	300	20	Odd free, every any other stroke
8	25	200	15	25 drill/25 swim
3	100	300	15	Concentrate on reaching
4	50	200	20	Easy swim

Swimming Lesson 12 -1550m

Sets	Distance	Total	Rest	Comments
4	25	100		Swim on :45
4	25	100		Swim on 1:00 choice of drill
4	25	100	15	Kick using board
4	50	200	20	Pull on 1:25
Main Set				
3	250	750	15	3 x (100-75-50-25) Rest 60 after set
3	100	300	30	Pull
4	50	200		Swim on 1:20
1	100	100		Swim easy

Drills: Single arm, catch up, finger tip drag, closed fist

Swimming Lesson 13 - 1500m

Sets	Distance	Total	Rest	Comments
1	350	350	20	100 swim, 2 x 75 pull, 4 x 25 on :45
Main Set				
1	200	200	20	150 swim, rest 30, 2 x 25 swim on :45
1	200	200	20	150 swim, rest 30, 2 x 25 back/free and breast/free
1	200	200	20	100 swim, 4 x 25 kick on :60
3	50	150	20	Swim in 1:20
3	50	150	20	Pull on 1:20
6	25	150		Swim as a group on :45
1	100	100		Swim easy

Swimming Lesson 14 - 1600m

Sets	Distance	Total	Rest	Comments
2	250	500		2 x (100-75-50-25) 75 and 25 are kick
Main Set				
4	125	500	20	Swim on 3:15
3	100	300		Pull using buoy on 2:45
4	50	200	20	Odd fast, even easy on 1:30
1	100	100		Swim easy

Swimming Lesson 15 - 1600m

Sets	Distance	Total	Rest	Comments
4	25	100		Swim on :45
4	50	200		Swim on 1:20
3	100	300	20	Swim on 2:45
Main Set				
3	50	150	20	Kick
3	50	150	20	25 closed fist - 25 swim
3	50	150	20	Swim on 1:20 - descending stroke count
3	50	150	20	25 catch up - 25 swim
3	50	150	20	Swim on 1:20 - build
6	25	150	15	Odd fast, even easy :45
1	100	100		Swim easy