



Great Fjord Swim Training Plan

2KM DISTANCE
Four Week Plan

TRAINING LEVEL: EXPERIENCED SWIMMER

Week 1	Session 1 & 3	Session 2	Session 4
Warm Up	400m freestyle	400m combine freestyle, breaststroke & backstroke - 25m each	400m combine freestyle, breaststroke & backstroke - 50m each
Drills	200m freestyle one arm front 200m catch up	400m co-ordination drill (freestyle 3 single arms on right arm, left arm extended, 3 full strokes, 3 single arm on left, 3 full strokes)	200m freestyle catch up drill 200m freestyle body rotation drill
Main Set	150m freestyle last 25m fast 50m breaststroke 50m backstroke last 35m fast Repeat with 2min rest interval	10x50m freestyle, 30sec rest 100m scull front and back 400m freestyle (count strokes and maintain same stroke rate)	8x100m freestyle (20sec rest interval) Pull buoy can be incorporated every other cycle
Cool Down	200m any stroke	200m any stroke arms	200m inverted breaststroke & rotating
Total	2km	2km	2k

Week 2	Session 1 & 3	Session 2	Session 4
Warm Up	400m freestyle	400m (25m single arm freestyle, 25m any stroke, 25m other single arm freestyle, 25m any stroke - repeat)	400m combine freestyle & breaststroke - 50m each
Drills	8x50m freestyle using hand paddles - 15sec rest 200m catch up	400m co-ordination drill (freestyle 3 single arms on right arm, left are extended, 3 full strokes, 3 single arm on left, 3 full strokes)	200m freestyle catch up drill 200m freestyle body rotation drill arms fully extended
Main Set	16x50m medley 20sec rest (butterfly/freestyle) 50m swim down	800m pyramid (50m freestyle, 100m medley, 150m freestyle, 200m medley, 150m freestyle, 100m medley, 50m freestyle)	1000m (400m freestyle 100m breaststroke x2)
Cool Down	200m with kickboard (75m freestyle, 25m breaststroke x2) 50m scull (front/back or both)	400m any stroke	200m kickboard deep freestyle kick 200m kickboard breaststroke legs
Total	2.2km	2.2km	2.2km

Week 3	Session 1 & 3	Session 2	Session 4
Warm Up	400m (100m freestyle, 50m backstroke, 100m freestyle, 50m backstroke, 100m free)	400m (freestyle & backstroke, 50m alternating)	400m freestyle (focus on maintaining equal number of arm pulls per length)
Drills	500m (25m catch up, 25m single arm right, 25m single arm left, 25m full stroke.) Rest time 25 sec. repeat x5	4x50m freestyle with kick board, 30 sec rest 4x50m breaststroke, 20 sec rest	200m catch up, 200m freestyle (every 5th stroke practice sighting)



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Week 3 (CONT'D)	Session 1 & 3	Session 2	Session 4
Main Set	5x100m freestyle with pull buoy, rest time 20sec 5x100m freestyle sprinting on last 25m rest time 30sec 100m swim down	1250m pyramid(50m, 100m, 150m, 200m, 250m take a break and drink for 3 mins, 200m, 150m, 100m, 50m, butterfly can be replaced by any stroke) 200m backstroke swim down	8x50m freestyle (breathing every 3rd stroke) 4x100m freestyle (full strength) rest 45sec 100m backstroke swim down
Cool Down	150m kickboard freestyle 150m kickboard breaststroke	350m kickboard (200m freestyle kick, 150m breaststroke kick)	200m freestyle kick with fins and kickboard 200m freestyle with fins
Total	2.3km	2.6km	2.2km
Week 4	Session 1 & 3	Session 2	Session 4
Warm Up	4x100m medley (can replace butterfly with freestyle)	400m (freestyle and backstroke 50m alternating)	400m freestyle & backstroke
Drills	400m (25m catch up, 25m single arm right, 25m single arm left, 25m full stroke.) Rest time 25sec. Repeat x 4	400m co-ordination drill (freestyle 3 single arms, right arm, keep left arm extended, 3 full strokes, 3 3 single arms, left arm, 3 full strokes)	12x50m freestyle using hand paddle and pull buoy, rest 10sec
Main Set	12x100m freestyle use hand paddles & pull buoy, rest 30sec	800m pyramid (50m freestyle, 100m medley, 150m freestyle, 200m medley, 150m freestyle, 100m medley, 50m freestyle)	16x50m medley 20sec rest 200m swim down any stroke
Cool Down	400m freestyle with fins & kickboard focus on leg kick	200m kickboard deep freestyle leg 200m kickboard long/deep breaststroke	200m freestyle kick with fins and kickboard 200m freestyle with fins
Total	2.6km	2.2km	2.4km