

Gaelforce Great Fjord Swim Training Plan

750M DISTANCE
Four Week Plan

TRAINING LEVEL: CASUAL SWIMMER

Week 1	Session 1 & 3	Session 2	Session 4
Warm Up	4x25m (freestyle & breaststroke)	4x25m (freestyle & breaststroke)	4x25m freestyle
Drills	4x25m freestyle catch up	4x25m freestyle	2x25m catch up 2x25m freestyle arm with pull buoy 2x25m kickboard freestyle 2x25m scull
Main Set	4x25m kickboard freestyle 4x25m freestyle with fins	25m right arm only freestyle 25m left arm only freestyle 2x25m scull	100m freestyle
Cool Down	4x25m freestyle	4x25m freestyle	4x25m any stroke
Total	500m	500m	500m

Week 2	Session 1 & 3	Session 2	Session 4
Warm Up	4x50m freestyle	2x50m any stroke	4x25m freestyle
Drills	2x50m catch up	4x25m catch up	2x25m catch up 2x25m freestyle arm with pull buoy 2x25m kickboard freestyle 2x25m scull
Main Set	2x50m freestyle & hand paddles 2x50m freestyle with fins	2x100m freestyle	6x50m freestyle
Cool Down	4x50m freestyle	2x50m any stroke	2x50m any stroke
Total	500m	500m	700m

Week 3	Session 1 & 3	Session 2	Session 4
Warm Up	2x50m freestyle	2x50m (freestyle & backstroke)	4x25m freestyle
Drills	2x50m right arm 2x50m left arm 2x50m kick 2x50m scull	2x50m right arm 2x50m left arm 2x50m kick 2x50m scull	2x25m catch up 2x25m freestyle arm with pull buoy 2x25m kickboard freestyle 2x25m scull
Main Set	100m freestyle	100m freestyle full strength	300m freestyle
Cool Down	2x50m freestyle	4x25m any stroke	4x25m any stroke
Total	700m	700m	700m

Week 4	Session 1 & 3	Session 2	Session 4
Warm Up	2x50m freestyle	2x50m (freestyle & backstroke)	2x50m freestyle
Drills	2x50m right arm 2x50m left arm 2x50m kick 2x50m scull	2x50m right arm 2x50m left arm 2x50m kick 2x50m scull	2x25m catch up 2x25m freestyle arm with pull buoy 2x25m kickboard freestyle 2x25m scull
Main Set	300m freestyle	300m freestyle full strength	300m freestyle
Cool Down	2x50m freestyle	2x50m freestyle with fins 2x50m freestyle	4x25m any stroke
Total	900m	900m	900m