







# Great Fjord Swim Training Plan

750M DISTANCE  
Four Week Plan

TRAINING LEVEL: CASUAL SWIMMER

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

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

Week 3	Session 1 & 3	Session 2	Session 4
<b>Warm Up</b>	2x50m freestyle	2x50m (freestyle & backstroke)	4x25m freestyle
<b>Drills</b>	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
<b>Main Set</b>	100m freestyle	100m freestyle full strength	300m freestyle
<b>Cool Down</b>	2x50m freestyle	4x25m any stroke	4x25m any stroke
<b>Total</b>	<b>700m</b>	<b>700m</b>	<b>700m</b>

Week 4	Session 1 & 3	Session 2	Session 4
<b>Warm Up</b>	2x50m freestyle	2x50m (freestyle & backstroke)	2x50m freestyle
<b>Drills</b>	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
<b>Main Set</b>	300m freestyle	300m freestyle full strength	300m freestyle
<b>Cool Down</b>	2x50m freestyle	2x50m freestyle with fins 2x50m freestyle	4x25m any stroke
<b>Total</b>	<b>900m</b>	<b>900m</b>	<b>900m</b>