

Gaelforce 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 |