

SWIM FASTER IN 4 WEEKS

Before starting this programme you will need to do a 200m time trial. Swim as fast and hard as possible, and record your time. Then, start with the programme.

You will need to swim four times a week if you are only swimming three times currently. These drills will be repeated for four weeks, gradually decreasing your rest times from the maximum to minimum and increasing your sets from minimum to maximum levels.

Session 1 (Monday):

Longer slower swim session:

- 200m swim easy (do some stroke drills/left arm catch-up/right arm catch-up/fist swim)
- 100m kick with fins
- 200m pulling (choice of hand paddles/pull-buoy or both)

A minimum of 3 sets is required for the weaker swimmers with the stronger swimmers having the option of completing up to six sets. This is considered a slow base building set

Session 2 (Wednesday):

Speed Session:

- 400m easy swim to warm-up and get the blood pumping and arms loosened up.
- 4 x 50m (or yards) repeats as hard as you can with a rest period of between 20 and 30 seconds depending on your current state of fitness
- 100m recovery swim drills – nice and easy with 1 minute rest before we start the next part of the program.
- 2 x 200m swims with a rest of 1 minute between each 200m. We do fartlek during these two repeats (i.e. you will swim slower for 25m then faster for 50m, slower for 50m then faster for 25m). Playing with speed variations during training is an important part of swimming faster in a race.
- 200m recovery pulling (pull-buoy only) done slowly to full recover from the 200m repeats with a 2 minute break before the last part of the speed session
- 20 x 25m sprints in sets of 4 each. You will swim fast/sprint for 25m, then rest for 10 seconds. You then sprint again for 25m, then rest 30 seconds. The 3rd 25m will be an easy recovery swim across the pool with a 10 second break before your last of four 25m sprints which will be at maximum pace). After you complete 4 of these 25m repeats, you rest for 1 minute. Then repeat the set until you have completed 20 x 25m)
- 200m – 600m easy recovery swim depending on how you feel and how much time you have left at the end of the session

Session 3 (Friday):

Longer Slower Session:

- 3 x 600m swims (you can increase this to either 800m repeats or even up to 1km in distance if you are used to swimming further during your swim sessions)
- Rest 30 seconds after each 600m (or 800m/1km). You have a choice of doing the first one with paddles, second one with pull-buoy and the last one being just swim. These swim repeats will be done in recovery mode.

Session 4 (Saturday or Sunday):

Speed Session:

- 4 x 50m pulling with pull-buoy only, rest 10 seconds after each one, pace is moderate
- 4 x 50m hard/fast swimming directly after this with only 15 seconds of rest allowed between each 50m)
- 2 x 100m swim drills, rest 10 seconds after each one done slowly
- 2 x 100m hard/fast swimming with 30 seconds rest after each one
- 4 x 25m kicking easy with a 20 second break after each one
- 4 x 25m hard/fast swimming with 20 seconds rest after each one