

ADVANCED MIDMAR MILE 6-WEEK PROGRAMME

WEEK 1, 2, 3, 4 (5 SWIM SESSIONS 5 PER WEEK):

Swim Session 1:

- Warm-up 200m swim easy
- 20x 50m swim, go moderate pace, rest 20 secs after each
- Easy 200m recovery
- 3x 200m swim. First one moderate, then rest 2 minutes, the second one is hard, third is a cool down swim of 200m

Total = 2.2km

Swim Session 2:

- Warm-up: 400m swim easy, 200m kick easy, 200m pull easy
- Do a time trial of 1km, building up to 2km after the 4th week. This must be done at maximum effort.
- Concentrate on going really hard for the first 200m. After that, settle into a good pace for the rest of the swim

Total = 1.8km-2.8km

Swim Session 3:

This is a hard session that works on your speed.

- Warm-up 400m easy
- 5 sets of 4 x 50m very hard, rest 20 secs between each 50m. After each set rest a full minute
- Do an easy 200m after this set
- Do 2 sets of 4 x 100m very hard, rest 30 secs after each 100m. Rest 2 minutes between the two sets
- Easy cool down of 200m
- 4 x 25m all out sprints, rest 1 minute between each

Total = 2.7km

Swim Session 4:

This is a basic brick swim session.

- 200m swim
- 100m kick
- Use the pull buoys and swim another 200m
- Do this set 6 times in succession with no rest in between

Total = 1.5km-3km

Swim Session 5:

- Easy 200m warm-up swim
- 16 x 100m on 2 minutes or 2:30 (dependent on fitness level)
- This must be at 80% effort.
- Recover swim after the set of 200m

Total = 2km

Week 3 & 4 (do week 3 and then repeat it the following week for week 4)

Speed Sessions Workouts:

Swim Session 1:

- Warm-up 800m easy swimming
- 8 x 50m hard swimming for 60 seconds (leave the wall every minute)
- 200m easy swimming after set
- 8 x 50m hard swimming for 55 seconds (if possible, or even 45 secs)
- 200 easy swimming
- 8 x 25m maximum sprints, rest well after each sprint, at least 30 secs

Recover and get out!

Swim Session 2:

- 200m warm up
- 1 x 500m maximum effort (record time)
- Easy 400m recovery swim
- 1 x 500m maximum effort (record time and try go faster than previous one)
- Easy 100m
- 3 x 100m moderate race pace effort (rest 1 minute between each 100m)
- Recover swim of 500m easy

Swim Session 3.

- 6 x 50m swimming moderate for 60 seconds
- 6 x 50m kicking, rest 30 seconds after each 50m, go hard
- 6 x 50m swimming hard for 60 seconds
- 3 x 100m swimming, moderate for 2 minutes
- 3 x 100m kicking, rest 20 seconds
- 3 x 100m hard swimming for 1:45 or slightly quicker for 1:30
- Easy 100m recovery swim

Swim Session 4:

- 10 x 25m moderate sprints, rest 20 secs
- 10 x 25m hard sprints, rest 30 seconds between each
- Easy 100m
- 10 x 25m moderate sprints, rest 10 secs
- 10 x 25m hard sprints, rest 20 seconds between each
- Easy 100m recovery

Swim Session 5:

- Warm-up 400 swim, 200m kick, 200m swim
- 8 x 200m at race pace effort, rest a full 1 minute between each set.
- 200m easy recovery swim

WEEKS 5 & 6 - TAPER PERIOD

Swim Session 1:

- Warm-up 400m
- 8 x 50m sprints. Go hard and rest 1 minute between each 50m
- 400m easy swim
- 8 x 25m sprints, with easy 25m after each sprint
- Easy recovery swim

Swim Session 2:

- 8 x 100m. For each odd number, go at race pace effort. Use the even numbers as slow recovery swims. Rest 1 minute after each 100m
- Easy 100m swim
- 8 x 25m sprints
- Easy swim to recover

Swim Session 3:

- Easy 1600m longish slow swim. Concentrate on arms and correct pull motion.

You should be ready for the mile after these swim sessions.