

Weeks 1: Foundations and Technique

Session 1 (Pool)

Training	Distance	Details
Warm-up	200m	easy swim – move however you like – can be walking/ breaststroke / freestyle – you do you.
Drill Set	4x50m +15-30 rest. Do 8 x 25 if you need a rest at 50	Kick on your side with fins = Focus on technique. Watch the video and watch the kicking on side finer points video too! Kick up and back thinking about keeping your legs long, have loose ankles and kick from the hip not your knees. Ensure you get your lead arm in the right position. If you don't have fins do 4 x torpedo and kick back to work on your legs and swim each 50.
Main Set	4 x 50 or 100m	Take enough rest to get your breath back before you go again. This is about noticing what you can do
Cool-down	100m	easy swim – any way you like -that's the hardest session done

Session 2 (Pool)

Training	Distance	Details
Warm-up	200m	mixed strokes (freestyle, backstroke or breaststroke)
Technique Set	6 x 50m As much rest as you need	Focusing on breathing and body position. Alternate 50's: 50m breathe to the left for 25 and the right for 25. Then 50m: focus on keeping your ear and temple in the water as you breathe in so you don't lift your head. Repeat.
Main Set	6 x 75m	Take 15-30 seconds rest after each. If you can swim a different pace for each 25. Start slow, get a little quicker by engaging your core, a little quicker again by pushing back to your thigh harder, as opposed to grabbing at the water.
Cool-down	100m	easy swim

Session 3 (open water or simply a long slow swim in the pool with no thoughts)

Your goal is to be in the water for 15-20 minutes. If this means you walk up and down for most of it, so be it, but try to keep moving. Swim when you can, walk or kick on your back when you can't, rest when you need. It's about getting wet!

Focusing on steady breathing and maintaining good form.