

Weeks 2: 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	8 x50m +15-30 rest. Do 8 x 25 if you need a rest at 50	Alternate 50's 1 x 50 Kick on your side with fins = Focus on arm position – review the video if you need to 1 x 50 6-1-6 with fins. This will help you improve your freestyle, breathe on both side and swim long in the water. No fins – focus on arm position for 25 and on second 25 of each 50 keep your arm nice and strong out in front as you breathe in.
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. Is it any easier than last week?
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	6-1-6 for 50 Swim for 50 and repeat 3 times Be aware of your shoulder muscles and how the hold your lead arm out in front nice and strong as you inhale when doing 6-1-6. Bring this to your swimming so you have support when you inhale.
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. <i>Perhaps you can take less rest than last week?</i>
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. Do more if you can