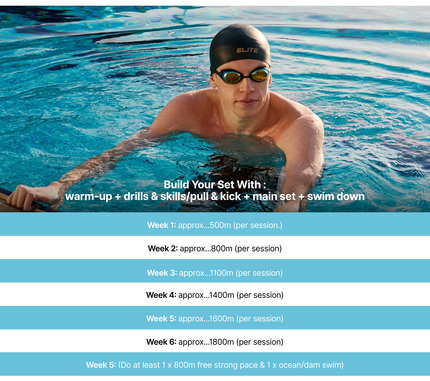
These session plans are based on a swimmer who is capable in the pool, but maybe doesn't swim frequently. Use these swimming sets to have a variety of exciting and interesting training.



Build Your Set With :
warm-up + drills & skills/pull & kick + main set + swim down

Week 1: approx...500m (per session.)

Week 2: approx...800m (per session)

Week 3: approx...1100m (per session)

Week 4: approx...1400m (per session)

Week 5: approx...1600m (per session)

Week 6: approx...1800m (per session)

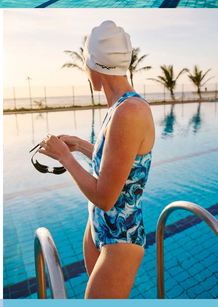
Week 5: (Do at least 1 x 800m free strong pace & 1 x ocean/dam swim)

Week 6: (Do at least 1 x 1000m free strong pace & 1 x ocean/dam swim)

Build your own session:

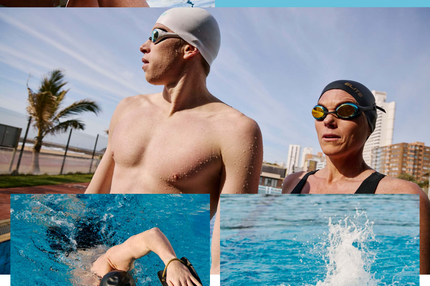
Warm-ups:

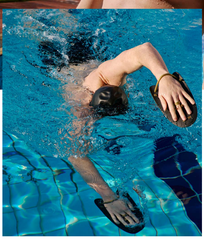
- **100m** as free (easy)
- **100m** as choice stroke (easy)
- **100m** as (fins) (25m free swim/25m free kick with sculling arms) x 2 (easy)
- **200m** as (fins) free easy (easy)
- **200m** as (fins) (50m free swim/50m free kick) x 2 (easy)
- **200m** as (50m free/50m choice any stroke) x 2 (easy)
- **300m** as (100m free/100m choice any stroke/100m free) (easy)
- **300m** as (100m free swim/50m choice stroke kick) x 2 (easy)
- **400m as 8 x 50m** (odds free/evens choice any stroke) (easy) (rest 15 secs. between each 50m)
- **400m** as (100m free/100m back/100m breast/100m free) easy



Drills & Skills:

- **200m as** (fins) **8 x 25m** free strong pace (odds-lungbusters-breathe as little as possible/evens-any breathing) (rest 30 secs.)
- **300m as** (fins) **6 x 50m** free (easy long arms with fast kick) (rest 15 secs.)
- **400m as** (fins) **8 x 50m** free (25m Left arm/25m Right arm) (keep kick balanced) (rest 15 secs.)
- **300m as** (fins) free (25m DPS-distance per stroke-long arms/25m catch up) (continuous)
- **300m as** (fins) **12 x 25m** (half way scull with free kick change into free sprint) hold kick from scull to full free stroke (rest 15 secs.)
- **400m as** (fins) **8 x 50m** free (build-start easy and increase your pace/speed from easy swimming to max. per 50m) (rest 15 secs.)





Pull sets:

- **200m as** (buoy & paddles) **8 x 25m free** (quick arm turn over) (rest 15 secs.)
- **200m as** (buoy & paddles) **4 x 50m free** (long smooth stroke) (rest 15 secs.)
- **200m as** (buoy & paddles) **2 x 100m free** (breathing 25m every 3 arm strokes/breathing 25m every 5 arm strokes) (rest 30 secs.)
- **200m as** (buoy & paddles) free (steady pace) (breathing every 3 arm strokes)

Kick sets:

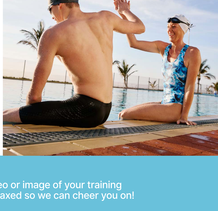
- **200m as 8 x 25m** free sprint kick (rest 15 secs.)
- **200m as 4 x 50m** kick (25m choice stroke/25m free) (rest 15 secs.)
- **200m as free kick** (25m controlled pace/25m sprint) (continuous)
- **200m as IM** - Individual Medley kick
- **200m as free kick** - max pace for time
- **200m as choice kick** (controlled pace)

Main sets:

- **100m as 1 x 100m free** (sprint-max. speed for time)
- **100m as 4 x 25m free** (build each 25m from easy to max speed) (rest 30 secs.)
- **200m as 8 x 25m free** (sprint-max. speed) (rest 30secs.)
- **200m as 1 x 200m free** (50m easy/50m fast)
- **300m as 3 x 100m** (1-free) (2-IM-Individual Medley or choice stroke) (3-free) 1&3 strong pace no. 2 easy (rest 45 secs.)
- **300m as free** (strong & even pace throughout)
- **500m as** (1 x 25m free/1 x 50m free/1 x 75m free/1 x 100m free) Strong pace (repeat set) (rest 30 secs.)
- **500m as 5 x 100m free** (odds-sprint max. for time) (evens-controlled pace) (rest 45 secs.)
- **600m as 1 x 100m free** (sprint-max.) 1 x 200m free(controlled pace) (rest 45 secs.) (repeat set x 2)
- **600m as 3 x 200m** (odds-free strong pace) (evens-choice stroke-easy) (rest 45 secs.)
- **600m as 2 x 300m free** (strong pace) (rest 1:00)
- **800m as 8 x 100m free** (strong, consistent pace) (rest 45 secs.)
- **800m as 2 x 400m free** (strong, even pace throughout) (no. 2 faster than no.1) (rest 1 min.)
- **800m as 1 x 800m** consistent, hard pace throughout - for a time
- **1000m as 1 x 1000m** consistent, hard pace throughout - for a time

Swim downs:

- **50m** as choice stroke (easy)
- **50m** as free (easy)
- **100m** as (50m free/50m choice-stroke) (easy)
- **100m** as free (easy)
- **100m** as choice stroke (easy)
- **100m** as (fins) free kick with sculling arms (easy)



Tag us on socials in a video or image of your training progress using #MidmarInMaxed so we can cheer you on!

@mrpricesport

aQuellé MIDMAR MILE

mr price sport