

Swim Section Jason O'Pray

Example sessions

Pre competition phase
Speed aerobic work
Month of October
8 x pool sessions

1 – Pool Session (PM) Workout (Short rest)

5.0km

500 easy
20 x 50m obstacles (50)
1000m Pull buoy

2 x { 6 x 100m on 1.15 Short Rest Aerobic
 { 400m FR/Back

10 x 50 Fins Technique on 45 seconds

Total 5km

2 Pool Session (AM) Workout (Firm aerobic)

600m free
600m fin kick
600m drills – mixed then A or B

A

2 x 4 x 50 Dec 1-4
No 4 Fast
1000m Band on
800 easy

B

200 easy
1000 firm
200 easy
800 hard, HR (20BPM)
20 x 50 Aerobic on 40 sec

Total 5km

3 Pool Session (AM) Recovery 1m

400m }
300m } All 15sec Rest
200m }
100m }

500m Fins kicking
8 x 50m VP (50)
10 x 100m IM (1.40)

400m back, 400m best, 400m IM
800m pull

Total 4.9km

4 – Pool Session AM (Firm aerobic)

20 x 100m obstacles

1000m Build

10 x 200m 5 on (2.45)

3 on (2.40)

2 on (2.20)

200 easy

Total 5.2km

5 – Pool Session (PM) Fins (kicking) Speed

400 Build 8 x 50 build (55)

300 Back 6 x 50 build (50)

200 IM 4 x 50 build (45)

100 Own choice 2 x 50 fast (40)

Fins (K) 15 x 100m 5 on 1.30

5 on 1.20

5 on 1.15

10 x 50m easy swim (on 60s)

500m easy Own Choice

Total 4.5km

6 Pool (PM) Speed Aerobic

500m easy }
20 x 50m (40s) } X 2

5 x 400m – 3 on 5.30

- 1 on 5.00

- 1 MAX

200 swim

10 x 50 Technique on 60s

Total 5.7km

7 Pool (AM)

1000m pull buoy

4 x 600m 1 EASY, 1 MAX (60s Rest)

kick 600m Building – last 100m Max, kick

1000m pull buoy Breathe 3,5,3,7,3,9

8 Speed Aerobic

200m swim }
200m kick } 2 x
200m pull }

5 x 200m Descending 1-4 on 3min
No. 5 Max

5 x 200m Kick Dec 1-4
No. 5 MAX

5 x 200m Fin swim Dec 1- 4
No. 5 MAX

10 x 50m tech swim down

500m easy