



On the next page you will find 5 swim training sessions for summer 2015...

They are designed to be challenging while easy to manage and complete in a short time.

All sessions are approx 60min in duration with single / few training sets.

FOCUS → COMPLETE → REPEAT → IMPROVE

Training on your own (or without a coach) will greatly help your mental focus and concentration.

You will have to take responsibility for your own session...

Every time you do this your skills will improve: Your timing of swims will improve / your rests between sets will reduce and your focus during the session will improve.

Also:

You cannot be late for a session you do on your own: it starts when you enter the water and it finishes when you leave. You do not miss any swims during a toilet break or if you stop because of a cramp or to stretch.

The more focused you are... The less breaks you take... The sooner you finish the session...

THE BETTER YOU GET!

Summary: Do these as often as you can (preferably equal to or greater than your current training frequency)... and come back faster / fitter and better than ever before

(AND HELP LECALÉ BLAST THROUGH DIV2 PTLs next Season!)

You will Need:

- 1 to print and laminate the sessions or place in a PolyPocket/Zip file and bring to the pool side for reference
or: write the session on your forearm in biro pen for reference (and wash off after with shower gel)
- 2 Basic Swim training kit (with spare goggles) - AS YOU KNOW!
- 3 A digital wrist watch with stop watch/timer functions. Pace clock is also helpful but a wrist watch is very important for training alone. (You cant make times without a timer)
- 4 A Swim Log Book / Diary - Record training times / Total time and comments: Review: Repeat: Improve
- 5 A drink
- 6 A Smile (You are off - while I am working!)

Session Abbreviations:

D/p - Doggie Paddle

Touch: F/c Drill Touch (Arm pit) on recovery

D/a: Double Arm

S/a: Single Arm

HFS: Head First Sculling

FFS: Feet First Sculling

Fists: Swim with clenched fists (for control)

H/u: Head up

→,←: Swim direction

IMO: Individual IM order swims

SLK: Streamlined kick

BAFK: Breaststroke arms + Fly Kick

Trail: F/c Drill: trail finger tips on recovery

1:1 1:2 1:3: Brs Drill = 1Pull 1 Kick, 2P 2K etc

AR: Active Recovery

R: Rest period duration

PB+...: Duration or target time PB+ xx secs

k: Kick

O/c: Own choice

No1 / Nr1: Your number 1 / Best stroke.

Hypoxic: Breath hold swim / kick

E,M,F: Easy / Medium / Fast

Broken: Single swim split into parts with short rests

IM Switch: overlapping IM order swims:

(Fly, B/c), (B/c, Brs), (Brs, F/c), (F/c, FLY)

Alt: Alternate

W/u: Warm-up

M/s: Main Set(s)

C/d: Cool Down

Lecale Asc - Summer Swim Sessions 2015



	Zone		% Effort	Duration
1	Aerobic	A2	60%	58min
2	Threshold	AT	75%	60min
3	V02 and Aerobic	V02 and A2	90% / 60%	63min
4	Speed	ATP and LP	95%+	62min
5	Lactate Tol + Aerobic	LT and A2	95% / 60%	66min

	W/u		M/s	C/d
1	50 D/p 50 Touch 50 D/a B/c 50 S/a Fly	x3: E,M,F. R10 between sets	10 x 100 F/c at A2. PB +15 off PB +25 12 x 50 k off 65. Alt Fly (S/L) / O/c Tougher version: 1st 25 Hypoxic if using Fins: off 60 200 @ A2: O/c. Alt 50's Drill / Swim	200m O/c

	W/u		M/s	C/d
2	25 HFS 25 FFS 50 D/p 50 F/c (Fists) 50 Fly k 50 H/u F/c	x2 R0 x4 : E,M,E,F. R10	20 x 50 Alt F/c / No.1. PB+6 (85%) off 1:30.	300m O/c

	W/u		M/s	C/d
3	200 F/c: Swim →, Drill ← 200 B/c: Swim →, Drill ← 200 Fly k →, B/c k ← 8x25 IMO Build R15		10 x 50 off 2:00 Max dist Hypoxic + complete D/a B/c Alt 50's Hypoxic: F/c / Fly K 6x50 S/a Fly off 1:10 4 x 50 Fly off 1:15 2 x 100 Fly off 2:30	200m O/c

	W/u		M/s		C/d
4	25 D/p 25 Touch 25 SLK (F/c) 25 F/c Fists 25 D/a B/c 25 S/a Fly 25 H/u F/c 25 Fly	x4: 2E,2M R10 between sets x4: 2M,2F R15 between sets	25 Max R10 25 Easy R10 50 Max R20 50 Easy R20 100 Max R30 100 Easy R30	x3 1: F/c 2: No.1 3: O/c (100m AR between sets 1 & 2)	400m O/c (Drills!)

	W/u		M/s	C/d
5	100 D/p 100 S/a F/c 100 S/a B/c 100 F/c Fists 100 BAFK 100 S/a Fly 100 Trail 100 H/u F/c 100 1:1 1:2 1:3 (BRS) 12x25 IMO Build (1-4E, 5-8M, 9-12F)		5 x 100 Broken off 3mins 25m R10 50m R10 25m 100m x5 off 3min MAXXX! 1,3,5: F/c 2,4: O/c 200m Active Recovery 12 x 50 IM Switch (Aerobic: A2) off 65	200m O/c