

INTERMEDIATE LONG-DISTANCE SWIMMING TRAINING PROGRAMME

Are you an active swimmer who wants to mix it up with a varied workout regime to train for distances ranging from 200 to 800 m? If you want guidance on strong steady sets, pace and breathing control, then this programme is ideal for you!



GENERAL INSTRUCTIONS

- Warm up and cool down.
- After cooling down, do some stretching.
- Each week has pace guidelines to help you adjust your speed as your fitness improves.



GUIDELINES

- Do three to four sessions each week (approximately 60 to 70 minutes).
- Aim for a distance of 2,500 m to 3,200 m at each session.
- In a 25 m swimming pool, 25 m = 1 length, 50 m = 2 lengths, 100 m = 4 lengths.
- Always get medical clearance before starting any exercise programme.

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WEEK 1

WARM UP

DRILLS

MAIN SET

COOL DOWN



400 m

200 m continuous freestyle Followed by 2 x 100 m 25 m right-arm freestyle 25 m left-arm freestyle 25 m freestyle 25 m butterfly Rest for 15 seconds between 100 m All at an easy pace

400 m

200 m continuous freestyle Followed by 2 x 100 m 25 m butterfly 25 m right-arm freestyle 25 m left-arm freestyle 25 m full stroke Rest for 15 seconds between 100 m All at easy pace

400m

200 m freestyle Followed by 2 x 100 m [200 m] stroke of choice All at easy pace



600 m

Kicking: with board 4 x 50 m freestyle starting each repeat on 90 seconds [200 m]

Pull buoy: 4 x 100 m freestyle on 2 minutes, 15-second intervals [400 m]

400 m

Kicking and pull buoy: 4 x 100 m (75 m freestyle pull buoy/25 m kicking) [400 m]

400 m

Pull buoy: 200 m freestyle Pull buoy: 4 x 50 m starting repeats every 60 seconds [200 m]



800 m

8 x 100 m freestyle at moderate pace Start repeats at 2 minutes, 15-second intervals

1,000 m

5 x 200 m:

1st 200 m: 100m easy/50 m hard/50 m easy 2nd 200 m: 100m hard/ 100 m easy 3rd 200 m: 50 m easy/50 m hard/50 m easy/50 m hard/50 m easy/50 m steady 5th 200 m: 25 m easy/25 m hard – repeat four times Rest for 45 seconds between sets

1,200m

800 m continuous freestyle at moderate to hard pace Every 4th length hard pace Every 4th length stroke of choice Followed by hypoxic set: [400 m] 4 x 25 m bilateral breathing rest for 40 seconds between each set 1st length - breathe every 3rd stroke 2nd length - breathe every 5th stroke 3rd length – breathe every 7th stroke 4th length – breathe every 3rd stroke Repeat hypoxic set 4 times with 60-second rests between each hypoxic set



200 m

Easy pace
200 m
Easy pace
200 m
Easy pace

WEEK 2

WARM UP

400 m

200 m continuous freestyle. Followed by: 2 x 100 m [200 m] individual medley Rest for 30 seconds between sets All at easy pace

400 m

200 m freestyle 200 m stroke of choice All at easy pace

400 m

200 m continuous freestyle. Followed by: 2 x 100 m: 25 m butterfly 25 m right-arm freestyle 25 m left-arm freestyle 25 m full stroke All at easy pace

400 m

200 m continuous freestyle. Followed by: 2 x 100 m: 25 m right-arm freestyle 25 m left-arm freestyle 25 m freestyle 25 m butterfly All at easy pace

DRILLS

500 m

Kicking:
100 m progressive rest for
30 seconds
50 m maximum effort
Rest 30 seconds and repeat
[300 m]

Do main set then:

Pull buoy and paddles: 200 m at a steady pace

700 m

Drills with flippers: 8 x 50 m [400 m] freestyle (right arm left arm) starting each 50 m interval on 60 seconds 6 x 50 m [300 m] backstroke (right arm left-arm)

starting each repeat at

75-second intervals

600 m

Pull buoy: 200 m freestyle at easy pace Pull buoy: 4 x 50 m [200 m] at hard pace starting each repeat on 75 seconds [400 m]

400 m

Kicking: 300 m steady with flippers (back/side/front freestyle)
Do main set
Pull buoy and paddles: 400 m steady
Followed by 8 x 25 m
[200 m]
starting at 45-second intervals

MAIN SET

800 m

8 x 100 m freestyle at a moderate pace Start repeats every 2 minutes 15 seconds

800 m

4 x 200 m 100 m easy/100 m steady Rest 60 seconds between sets

1,000 m

12 x 50 m [600 m] steady swim at moderate pace Rest for 20 seconds between sets Followed by hypoxic set [600 m]: 4 x 25 m bilateral breathing rest for 40 seconds between sets: 1st length – breathe every 3rd stroke 2nd length - breathe every 5th stroke 3rd length – breathe every 7th stroke 4th length – breathe every 3rd stroke Repeat hypoxic set 4 times with 60-second rest between sets

600 m

12 x 50 m freestyle with bilateral breathing at a moderate pace Start each repeat at 60-second intervals



COOL DOWN

100 m

Easy pace

100 m

Easy pace

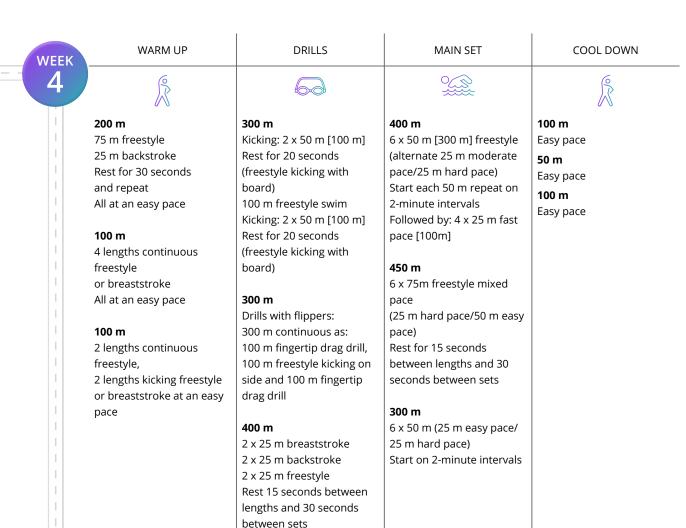
200 m

Easy pace **200 m** Easy pace

DRILLS MAIN SET **COOL DOWN** WARM UP 200 m 300 m 400 m 100 m 75 m freestyle Kicking: 2 x 50 m [100 m] 6 x 50 m [300 m] freestyle Easy pace 25 m backstroke (alternate 25 m Rest for 20 seconds 50 m Rest for 30 seconds moderate pace/25 m hard (freestyle kicking with Easy pace and repeat pace) board) 50 m All at an easy pace Start each 50m repeat on 100m freestyle swim Easy pace 2-minute intervals Kicking: 2 x 50 m [100 m] Followed by: 4 x 25 m fast 100 m Rest for 20 seconds 4 lengths continuous pace [100 m] (freestyle kicking with freestyle or breaststroke board) 450 m All at an easy pace 6 x 75 m freestyle mixed 300 m 100 m (25 m hard pace/50 m easy Drills with flippers: 2 lengths continuous pace) 300 m continuous as: freestyle, Rest for 15 seconds 100 m fingertip drag drill, 2 lengths kicking freestyle between lengths and 30 100 m freestyle kicking on or breaststroke at an easy seconds between sets side and 100 m fingertip pace drag drill 300 m 6 x 50 m (25 m easy pace/ 25 m hard pace) 400 m Start on 2-minute intervals 2 x 25 m breaststroke 2 x 25 m backstroke 2 x 25 m freestyle Rest 15 seconds between lengths and 30 seconds between sets Repeat twice [300 m] Then do main set Kicking: 100 m continuous

freestyle kicking with

flippers



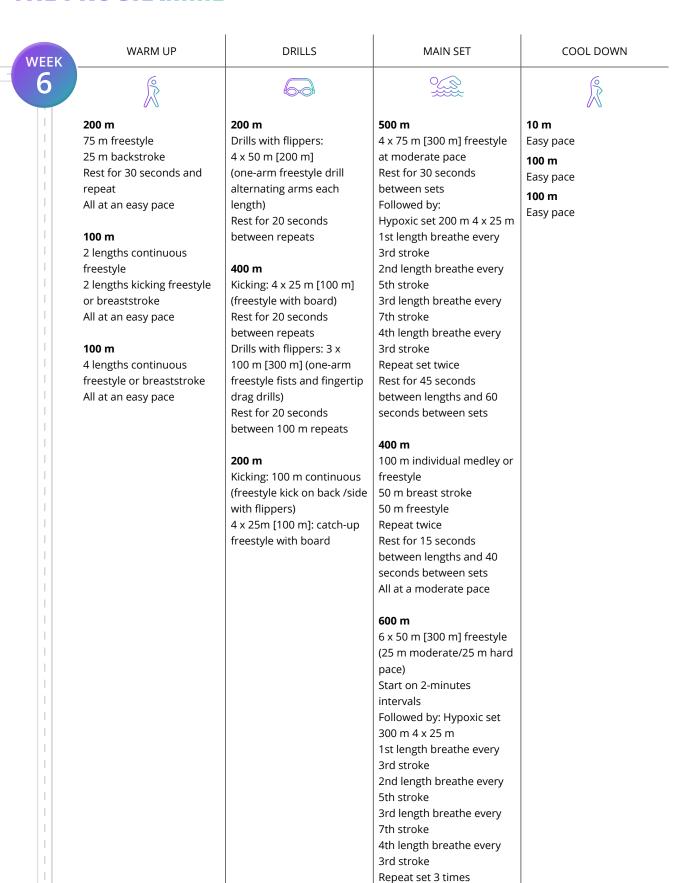
Repeat twice [300 m] Then do main set Kicking: 100 m continuous freestyle kicking with flippers

DRILLS MAIN SET **COOL DOWN** WARM UP WEEK 200 m 300 m 400 m 50 m 75 m freestyle Kicking: 4 x 75 m [300 m] Easy pace 25 m backstroke 200m freestyle (continuous progressive freestyle 100 m Rest for 30 seconds with flippers using board) Increase pace from easy Easy pace and repeat 100m freestyle to hard (catch-up drill using board All at an easy pace Rest for 30 seconds and flippers) between 75 m repeats 100 m 4 x 25 m [100 m] bilateral 400 m 2 lengths continuous breathing: freestyle, 2 lengths kicking 3 x (25 m right arm 1st length breathe every freestyle or breaststroke freestyle, 25 m left arm 3rd stroke All at an easy pace freestyle, 25 m full stroke 2nd length breathe every freestyle, 25 m full stroke 5th stroke 3rd length breathe every back stroke) [300 m] Start at 45-second 7th stroke intervals 4th length breathe every Kicking: 100 m continuous 3rd stroke with flippers Start each repeat on 60 seconds 300 m 6 x 50 m [300 m]

(25 m easy pace/25 m hard

Start on 2-minute intervals

pace)



Rest for 45 seconds between lengths and 60 seconds between sets