

INTERMEDIATE LONG-DISTANCE SWIMMING

(TRAINING PROGRAMME)



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.

Google Play



App Store



AppGallery







Chat to Healthy Company for free advice

Healthy Company is here for you. Access Healthy Company on the Discovery app or on our website at www.discovery.co.za or call us on 0800 320 420.







THE PROGRAMME

WEEK
1

WARM UP	DRILLS	MAIN SET	COOL DOWN
 <p>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</p> <p>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</p> <p>400m 200 m freestyle Followed by 2 x 100 m [200 m] stroke of choice All at easy pace</p>	 <p>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]</p> <p>400 m Kicking and pull buoy: 4 x 100 m (75 m freestyle pull buoy/25 m kicking) [400 m]</p> <p>400 m Pull buoy: 200 m freestyle Pull buoy: 4 x 50 m starting repeats every 60 seconds [200 m]</p>	 <p>800 m 8 x 100 m freestyle at moderate pace Start repeats at 2 minutes, 15-second intervals</p> <p>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 4th 200 m: 200 m steady 5th 200 m: 25 m easy/25 m hard – repeat four times Rest for 45 seconds between sets</p> <p>1,200m 800 m continuous freestyle at moderate to hard pace Every 4th length hard pace OR 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</p>	 <p>200 m Easy pace 200 m Easy pace 200 m Easy pace</p>





THE PROGRAMME

WEEK
2

WARM UP	DRILLS	MAIN SET	COOL DOWN
 <p>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</p> <p>400 m 200 m freestyle 200 m stroke of choice All at easy pace</p> <p>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</p> <p>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</p>	 <p>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</p> <p>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</p> <p>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]</p> <p>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</p>	 <p>800 m 8 x 100 m freestyle at a moderate pace Start repeats every 2 minutes 15 seconds</p> <p>800 m 4 x 200 m 100 m easy/100 m steady Rest 60 seconds between sets</p> <p>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</p> <p>600 m 12 x 50 m freestyle with bilateral breathing at a moderate pace Start each repeat at 60-second intervals</p>	 <p>100 m Easy pace</p> <p>100 m Easy pace</p> <p>200 m Easy pace</p> <p>200 m Easy pace</p>





THE PROGRAMME

WEEK
3

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





THE PROGRAMME

WEEK
4

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





THE PROGRAMME

WEEK
5

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

THE PROGRAMME

WEEK
6

WARM UP	DRILLS	MAIN SET	COOL DOWN
 <p>200 m 75 m freestyle 25 m backstroke Rest for 30 seconds and repeat All at an easy pace</p> <p>100 m 2 lengths continuous freestyle 2 lengths kicking freestyle or breaststroke All at an easy pace</p> <p>100 m 4 lengths continuous freestyle or breaststroke All at an easy pace</p>	 <p>200 m Drills with flippers: 4 x 50 m [200 m] (one-arm freestyle drill alternating arms each length) Rest for 20 seconds between repeats</p> <p>400 m Kicking: 4 x 25 m [100 m] (freestyle with board) Rest for 20 seconds between repeats Drills with flippers: 3 x 100 m [300 m] (one-arm freestyle fists and fingertip drag drills) Rest for 20 seconds between 100 m repeats</p> <p>200 m Kicking: 100 m continuous (freestyle kick on back /side with flippers) 4 x 25m [100 m]: catch-up freestyle with board</p>	 <p>500 m 4 x 75 m [300 m] freestyle at moderate pace Rest for 30 seconds between sets Followed by: Hypoxic set 200 m 4 x 25 m 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 set twice Rest for 45 seconds between lengths and 60 seconds between sets</p> <p>400 m 100 m individual medley or freestyle 50 m breast stroke 50 m freestyle Repeat twice Rest for 15 seconds between lengths and 40 seconds between sets All at a moderate pace</p> <p>600 m 6 x 50 m [300 m] freestyle (25 m moderate/25 m hard pace) Start on 2-minutes intervals Followed by: Hypoxic set 300 m 4 x 25 m 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 set 3 times Rest for 45 seconds between lengths and 60 seconds between sets</p>	 <p>10 m Easy pace</p> <p>100 m Easy pace</p> <p>100 m Easy pace</p>