

Training Schedules

In our schedules we use our own shorthand for describing the strokes etc.

FC = frontcrawl
BK = backstroke
BS = breaststroke
Fly = butterfly
IM = individual medley (fly, back, breast , free)
OC = own choice of stroke
4L = number of lengths
WU = warm up
SD = swim down
P= pull (arms only)
F = full stroke
K = kick (legs only)
R = rest and with 5,10,15,20, 30 is the rest period in seconds.
Drill = one arm only, catch up, or as instructed.
Stretch – do a long stroke

Or there may be an instruction to do a distance on a time, such as do 4L on 2m (two minutes) which means that you do the lengths including a rest within that time, so if it takes you 1. 30s you have a 30 sec rest.

Pacing = an instruction may read as follows 4FC X 3, ½ easy ½ strong - which means do four lengths front crawl, 3 times and on each length swim break it into 2 halves, the first half an easy pace the second a strong pace.

Other ways of describing distance to swim will be in metres, for example 200m (so if in a 25 metre pool, is eight lengths, 4 in a 50metre pool, and in a 30 metre pool, 6 lengths (20 m short, so 7 lengths will just be over the distance)

Some example schedules

Sprint Schedule (takes about 30- 45mins)

WU 12 L 4FC, 4BK, 2FC, 2BK

1. 2L on 60s, 4L on 2m
2. 4L BK on 3 mins
3. Repeat 1
4. Repeat 2
5. Repeat 1

SD 200m OC

Fitness Longer Swim (takes about an hour)

1. Start with land warm up stretching the arms, shoulders, and legs.
2. 8L FC

3. 8L BK
4. Swim 12 single lengths (6 if in a 50m pool) with a suitable rest between each one either, 45s, 40s, 35, 30 depending on what you find comfortable. Concentrate on your stroke technique, build in some fly and breaststroke.
5. Swim for 25mins on OC, with a long stretch/streamline stroke.
6. Swim down for 5 mins on either BK or BS.

Fitness – for restoring stroke technique and an aerobic workout.

1. WU – 8L FC, 8L BK
2. Pull – 6x2 FC leaving every 1.30s using alternate breathing
3. Kick – 12 single lengths leaving every 50s.
4. Swim – 2LFC drill first length, full stroke second length x 10 on 2 mins which should include a rest of about 30s.
5. Swim down – 6 x 2L , alternating BK with FC.

And one from Jane for the New Year

How's this for an early year schedule:

Warm up/ Cr/Bk 6/6 4/4

Crawl 6x2 lengths Rest 10 secs Even pace Rest 30 secs

Back cr 4x3 lengths R 15 secs Even pace “” “

Medley 3 x 4 lengths Fly 4 lengths Swim Kick Pull drill Swim (SKPS) Rest 30 secs at end

Back “ “ “ “ “
Breast str. “ “ “ “ “ “”

Individual Medley 3 x 4x1

1) All full stroke straight through 4 lengths Rest 1 min at end

2) 2) as 4 singles Rest 10 secs between each **Stretch**
Rest 1 minute at end

3) 3) “ “ Rest 15 secs “ “ **Strong**

Swim down own choice