

Swimming plan

1. week

400m warm up

4x200m drill - 1 x each stroke

4x100m kicks

200m cool down

1800m

4x100m IM warm up

2x100m butterfly drill (focus on the rythm)

4x50m butterfly kicks (no boards)

4x25m or 100m butterfly

2x100m backstroke drill (focus on the hip posture and on the shoulder moves)

4x50m back kicks (stretched body posture)

100m backstoke

200m cool down

1600m

2. week

4x100m IM warm up

2x100m breaststroke drill (focus on the rythm, hip position, glide)

4x50m breast kicks (long glide)

100m breaststroke

2x100m free drill (focus on the pull&push and on the breathing)

4x50m free kicks

100m freestyle

200m cool down

1600m

400m warm up

200m back double arm - normal

8x 100m with pullbuoy and paddles-1 free, 1 double arm backstroke alternately

200m relax

4x25m underwater with 1 breath

100m cool down

1800m

3. week

400m warm up

200m free drill

2x4x100m free 1.set free 2.set free with paddles

100m

8x50m free breathing for every 5th stroke

100m cool down

2000m

2x200m warm up

2x200 drill 1. bs, 1.free
10x100m free for 1:30 breathing (3x3,3x5,3x7,1xmax)
100m
4x100m bs build up for 1:50
100m cool down
2400m

4. kiweek
400m warm up
10x200m free
200m cool down
2600m

2x200m warm up
4x100m drill
10x100m bs
10x50m kicks
200m cooldown
2500m

5. week
2000m free or 2x1000m or 4x500m choose your level

4x100m IM
200m drill free or choose
2x8x 100m 1.set free, 2. set IM
200m cool down
2400m

6. week
2x200m warm up
100-200-400-800-400-200-100m
200m cool down
2800m

You can swim anything what makes you happy but 3000m 😊