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 dowm
   2800m

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