

Open Water Session Ideas

Reps	Distance	Notes
3-4	750 lap @ CSS 400 lap recovery	Sight every 6 strokes out and 9 strokes back Practice using least headlift possible to reduce drag but with accurate sighting
4	c.300 steady, 50 fast	Use the 750 lap and sprint between short buoys
2	10 mins @ CSS+5secs pace 5 mins sight every 6 strokes 10 mins increase kick on every short buoy 5 mins sight every 9 strokes	Faster kick can be used to help accelerate past competitors so practice feet being like motor boat propeller
4-6	15 strokes fast 15 strokes easy Remainder of 750 lap cruise	Cruise should feel aerobic, like you could go on at this pace for a long time
4-6	20 strokes with fast kick 20 strokes easy 20 strokes build 20 strokes fast kick Remainder of 750 lap cruise	Build – imagine you can see a swimmer ahead of you and you want to surge bringing in the kick then helps you catch their draft
1	750 @ CSS 400 with good kick 750 build 400 with good kick 750 build 400 with good kick 750 @ CSS	This should be a tough workout, so make sure you work hard!
4	20 strokes fast tempo 20 strokes easy with strong kick 30 strokes fast tempo 20 strokes cruise Remainder of 750 lap recovery	When you increase tempo the idea is to swim 'fast' as opposed to 'hard'. i.e. you are looking for an increase in speed to drop competitors around you