

Windermere Training Plan – Sample Sets

<p>500 fc 500 choice 10 x 200 as 2 IM @ 3:30 2 FC @ 2:50 3 PULL @ 3:15 3 FC @ 2:50 500 choice TOTAL 3.5km</p>	<p>5 x (200) Swim @ 3:30 / Kick @ 4:30 / IM @ 4 mins / pull @ 3:15 / swim @ 3mins 6 x (400) as: Swim @ 6mins (target 5:30) Pull @ 6:15 Swim build in 100s @ 6:15 Swim @ 6mins (target 5:30) P&P @ 6:30 as 50 HARD 50 DPS Swim breathing every 3 stroke for 25m, every 5 strokes for 25m 600 choice TOTAL: 4km</p>
<p>40 x 100 as 5 warm up @ 1:45 5 pull @ 1:35 10 swim @ 1:30 5 kick @ 2:15 10 swim @ 1:25 5 choice @ 2 mins TOTAL 4km</p>	<p>400 fc 300 pull 200 kick 100 choice 5 x (4x50) kick @ 1:10 rest extra 30 after each set Each set to be 1 med, 2 firm, 1 max 16 x 50 fc breathing 25 meters of every 3,5,7,9 rpt TOTAL 2.8km</p>
<p>5 x (200) Swim @ 3:30 / Kick @ 4:30 / IM @ 4 mins / pull @ 3:15 / swim @ 3mins 16 x (150) alt @ 2:20 build in 50s @ 2:10 swim @ 2:25 build in 50s @ 3:05 MAX 5 x 100 SKIPS rest 15 100 easy TOTAL 4km</p>	<p>100 @ 1:45 mins 200 @ 3:15 mins 400 @ 6 mins 800 @ 12 mins 1000 @ 15 mins 800 @ 12 mins 400 @ 6 mins 200 @ 3 mins 100 cool down TOTAL 4km</p>
<p>2 x (1600) @25 mins – steady pace (24 hour swim pace) 1 x 800 (steady) TOTAL 4km</p>	<p>2 x 2000 TOTAL 4km</p>
<p>8 x (500) 2 @ 8 mins 2 @ 7.25 (target 6:45) 2 @ 7.45 build in 100s 2 @ 7.25 (target 6.45) TOTAL 4km</p>	<p>400 fc / 300 pull / 200 kick / 100 choice 10 x 200 alt 25 drill 25 swim 50 kick 50 swim Rest 30 TOTAL 3km</p>
<p>300 fc / 300 pull / 300 IM / 100 kick 20 x (100) @ 1:35 target less than 1:20 90 – 95% effort 500 p&p TOTAL 3.5km</p>	<p>6 x (800) @ 12 mins Alt swim, pull, p&p 200 cd TOTAL 5km</p>

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<p>10 x (400) 2 @ 6:30 2 @ 5:45 2 @ 6:15 pull 2 @ 5:45 2 @ 6:15 p&p TOTAL 4km</p>	<p>4 x (5 x 200) – rest 60 after each set Set 1: SKIPS - Swim @ 3:30 / Kick @ 4:30 / IM @ 4 mins / pull @ 3:15 / swim @ 3mins Set 2: each 200 faster than the last @ 3:30 Set 3: Build in 50s @ 3 mins Set 4: P&P @ 3.15 mins TOTAL 4km</p>
<p>4 x (300) as swim / kick / pull / swim 10 x (100) kick as 5 @ 2:15 5 @ 1:45 fins 16 x (50) @ 60 breathing 50 of each 3,5,7,9 TOTAL 3km</p>	<p>10 x 100 as 3 @ 1:45 3 @ 1:35 pull 4 @ 1:30 6 x 300 done as: rest 60 after each 300 2 x (50) firm kick @ 1:10 1 x (100) max @1:30 2 x (50) swim @ 40 200 cool down TOTAL 3km</p>
<p>1 x (1000) - @ 16 mins 2 x (500) P&P @ 8mins 4 x (250) as 100 swim 50 kick 100 swim @ 4:15 5 x (200) 3 mins build in 50s 10 x (100) pull @ 1:35 20 x (50) @ 60 as 25 hard 25 dps TOTAL 6km</p>	<p>4 x 1000 rest 60 done as swim, pull, p&p, DPS TOTAL 4km</p>
<p>30 x 100 5 @ 1:45 5 @ 1:35 pull 10 @ 1:30 5 @ 2:15 kick 5 @ 1:45 IM TOTAL 3km</p>	<p>2.5km straight Rest 60 1km Pull 500 P&P TOTAL 4km</p>
<p>5 x (400) 1 @ 6:30 2 @ 6:15 pull 2 @ 5:45 swim 10 x (200) 4 @ 3mins 3 @ 2:50 2 @ 3:10 pull 1 cool down TOTAL 4km</p>	<p>400 fc / 300 pull / 200 kick / 100 choice 12 x (150) @ 2:25 alt 50 H 100 E 100 H 50 E 150 H 50 E 50 M 50 E 200 CD TOTAL 3KM</p>

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<p>50 x (100) as 5 @ 1:45 10 @ 1:35 pull 5 @ 1:45 K&F 10 @ 1:30 swim 5 @ 2:15 kick 5 @ 1:30 swim 10 @ 1:35 pull TOTAL 5km</p>	<p>13 x (300) as: 1 @ 5 mins 3 @ 4:45 – build in 100s 3 @ 4:30 3 @ 4:45 pull 3 @ 4:30 build in 100s 100 CD TOTAL 4km</p>
<p>400 fc / 300 pull / 200 kick / 100 choice 5 x (4x100) REST 60 after each set Each set consists of: 1 @ 1:35 2 @ 1:30 1 @ 1:35 TOTAL 3km</p>	<p>2 x (500) @ 8mins 2 x (400) @ 6.00 2 x (300) @ 4:45 pull 2 x (200) @ 3.00 2 x (100) @ 1:40 pull 200 CD TOTAL 3.2km</p>
<p>300 fc 300 pull 300 IM 100 kick 20 x 100 @ 1:30 90-95% effort 500 P&P TOTAL 3.5km</p>	<p>5 x (1600) rest 2 mins TOTAL 8km</p>
<p>20 x (200) 2 warm up @ 3:30 4 @ 3 2 @ 2:50 4 @ 3:15 pull 2 @ 2:50 4 @ 3 2 @ 3:30 TOTAL 4KM</p>	<p>400 fc / 300 pull / 200 kick / 100 choice 6 x (50 kick @ 1:10, 100 drills @ 2, 100 bk / bs @ 2:25) 500 P&P TOTAL 3km</p>
<p>500 ch 16 x (150) alt 2:20 build in 50s 2:10 swim 2:25 build in 50s 3:05 MAX 5 x (100) SKIPS TOTAL 3.4km</p>	<p>10 x (400) 2 @ 6:30 2 @ 6 2 @ 6:15 pull 2 @ 6:30 p&p 2 @ 6 TOTAL 4km</p>

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<p>5 x (200) as 1 @ 3:30 2 @ 3:15 2 @ 3 6 x (300) rest 6 after each 300 as 2 x 50 kick @ 1:10 1 x 100 MAX @ 1:30 2 x 50 @ 40 200 cd TOTAL 3km</p>	<p>400 fc / 300 pull / 200 kick / 100 choice 5 x (400) @ 6:15 as: 300 medium 100 Hard 200 medium 200 hard 200 medium 200 hard 100 medium 300 hard 400 hard Hard = long strong fast 400 pace NOT sprint! Total 3km</p>
<p>1000 @ 16 800 @ 12 600 @ 9:30 P&P 400 @ 6:15 Pull 200 @ 3 500 @ cool down – choice Total 3.5km</p>	<p>4 x (2km) rest 2 mins swim, pull, p&p, swim Total 8km</p>
<p>300 swim 300 pull 300 kick & Fins 21 x (100) alt 1:40 1:35 1:30 TOTAL 3km</p>	<p>1 x 1000 @ 17 2 x 500 @ 8 – P&P 3 x 400 @ 5:45 3 x 300 @ 4:45 pull TOTAL 4.1km</p>
<p>5 x (4 x 200) rest extra 60 at 800 as Set 1 @ 3:30 Set 2 @ 2:50 Set 3 @ 3:15 pull Set 4 @ 2:50 Set 5 @ 3.15 pull TOTAL 4km</p>	<p>2 x 100 @ 1:30 200 @ 3 300 @ 4:30 400 @ 6 400 @ 5:50 300 @ 4:20 200 @ 2:55 100 @ 1:25 Rest 60 between each set TOTAL 4km</p>
<p>400 fc / 300 pull / 200 kick / 100 choice 10 x 100 kick 5 @ 2:15 5 @ 1:45 with fins 500 P&P 500 choice TOTAL 3km</p>	<p>5 x 200 SKIPS 5 x (50 @ 45 100 @ 1:30 200 @ 3.00 50 @ 45) rest 60 between sets 100 cool down 3.1km</p>

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<p>1 x 800 @ 13 2 x 500 @ 7:30 build in 100s 2 x 400 @ 6:15 pull 2 x 300 @ 4:30 2 x 200 @ 3:15 pull 2 x 100 @ 1:30 200 cd TOTAL 4km</p>	<p>5 x 200 SKIPS 10 x (150) as 50 kick 50 choice 50 fc @ 3 mins 500 P&P TOTAL 3km</p>
<p>400 / 300 / 200 / 100 20 x 100 @ 1:25 500 ch TOTAL 3.5km</p>	<p>400 / 300 / 200 / 100 5 x 400 SKIPS rest 30 TOTAL 3km</p>
<p>10 x 100 2 @ 1:45 4 @ 1:35 4 @ 1:30 10 x 200 4 @ 3.10 4 @ 3.05 2 @ 3.00 500 K&F 500 P&P TOTAL 4km</p>	<p>500 choice warm up 14 x (250) as 2 @ 3:45 as 100 M 50 H 100 M 2 @ 3:45 as 100 H 100 M 50 H 2 @ 4:15 steady 2 @ 3:45 hard 2 @ 4:15 steady 2 @ 3:45 build in 50s 2 @ 3:45 TOTAL 4km</p>
<p>1000 @ 16 800 @ 12.30 pull 600 @ 9 500 @ 7:45 pull 400 @ 6 300 @ 4:45 pull 200 @ 3 100 @ 1:40 pull TOTAL 3.9km</p>	<p>400 / 300 / 200 / 100 10 x 100 kick 5 @ 2:15 5 @ 1:45 fins 16 x 50 @ 60 breathing 3,5,7,9 200 easy TOTAL 3km</p>
<p>10 x 300 2 @ 5 2 pull @ 4:45 2 swim @ 4:30 2 P&P @ 4:45 2 swim @ 4:45 build in 100s 200cd TOTAL 3.2km</p>	<p>400 / 300 / 200 / 100 10 x 200 as 2 @ 3 2 @ 2:50 1 @ 4 mins MAX 2 @ 3:15 pull 2 @ 2:45 1 @ 4 mins MAX 200cd TOTAL 3.2km</p>

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2 x 500 @ 7:45 4 x 250 @ 3:45 5 x 200 @ 3:15 p&p 10 x 100 @ 1:30 Steady even pace TOTAL 4km	400 / 300 / 200 / 100 6 x (2x50 @ 1:15 kick 1 x 100 @ 1:45 MAX 4 x 50 @ 45) rest 30 after each set cd 200 TOTAL 3.6km
500 fc 500 ch 20 x 50 @ 1:10 alt 2 kick / 2 swim - choice 400 IM drills 400 P&P 200 choice TOTAL 3km	500 fc 500 ch 5 x 200 DKIPS 500 p&p 500 k&f TOTAL 3km
500 ch 16 x (150) alt (2:30 build in 50s 2:30 swim 2:30 build in 50s 3:00 MAX) 5 x 100 SKIPS Cd 100 TOTAL 3.5km	Open Water swims try; 1. Linking laps together e.g. 3, 2, 1 (4.5km), 4, 3, 2, 1 (7.5km) 2. Continuous swim 3. 10 strokes easy / 10 strokes hard, 20 strokes easy, 20 strokes hard, 30 strokes easy, 30 strokes hard and back down again

Key:

Cd	Cool down
SKIPS	Swim, Kick, IM, Pull, Swim
DKIPS	Drill, Kick, IM, Pull, Swim
P&P	Pull with paddles
K&F	Kick with fins
Build	Get faster
Breathing 3, 5, 7, 9	Number of strokes between breaths for the given distance
Fc	Front crawl
Ch	Choice of stroke, preferably not front crawl
E	Easy
H	Hard
M	Moderate
Bk	Backstroke
Bs	Breaststroke
DPS	Distance Per Stroke
IM	Individual Medley (Fly, Back, Breast, Free)