

# Winter Warriors 6 Week Pool Challenge

## Session 1

Warm-up	(1x) 200 f/s, 150 f/s kick, 100 f/s, 50 f/s kick
PA-PK	12 x 25 f/s on 45
Anaerobic	4x 25 f/s fast on 45, 50 easy on 1.30
	3x 25 f/s fast on 45, 25 easy on 60
	2z 25 f/s fast on 45, 50 easy on 1.30
	1x 25 f/s fast on 45, 25 easy
Recovery	1x 300 own choice, recommend mix strokes
<b>TOTAL VOLUME =</b>	<b>1600m.</b>

## Session 2

Warm-up	4x 100 f/s and br/s alternate 100 f/s, 100 br/s 30 seconds rest
Stroke-index	12x 50 on 1.30 best effort, on 1.30
Recovery	1x 400 alternate br/s and backstroke with fins
<b>TOTAL VOLUME =</b>	<b>1400m.</b>

## Session 3

Warm-up	200 f/s, 100 form kick
Sprint	10x 15 f/s on 30
TT	1X 400 f/s
Recovery	4x 100 f/s pull-bouy 30 rest
<b>TOTAL VOLUME =</b>	<b>1250m.</b>

## Session 4

Warm-up	(1x) 200 choice kick, 150 choice swim, 100 choice kick, 50 choice swim
PA-PK	6x 50 f/s on 1.30
Anaerobic	4x 25 form fast on 50, 50 easy f/s on 1.30
	3x 25 form fast on 50, 25 easy on 60
	2z 25 form fast on 45, 50 f/s easy on 1.30
	1x 25 form fast on 45, 25 easy
Recovery	1x 300 own choice, recommend mix strokes
<b>TOTAL VOLUME =</b>	<b>1600m.</b>

## Session 5

Warm-up	8x 50 f/s and bk/s alternate 100 f/s, 100 bk/s 30 rest
Stroke-index	24x 25 f/s best effort, on 1.30
Recovery	4x 100 f/s kick with fins
<b>TOTAL VOLUME =</b>	<b>1400m.</b>

## Session 6

<b>Warm-up</b>	200 form kick, 100 f/s
<b>Sprint</b>	12x 25 f/s or form as 1x 25 easy, 1x 25 fast on 50
<b>TT</b>	1x 200 f/s
<b>Recovery</b>	8x 50 f/s pull-buoy 30 rest
<b>TOTAL VOLUME =</b>	<b>1200m.</b>

### **SETS TERMINOLOGY**

<b>Warm-up</b>	Self-explanatory but an effective warm-up should mean a progression from slow through fast near end. ie. Should be ready for 'main set' immediately following
<b>PA-PK</b>	Focus on power arms odd number laps, power kick even number laps
<b>Anaerobic</b>	Power swimming at max speed
<b>Form</b>	Butterfly or Backstroke or Breaststroke
<b>TOTAL VOLUME =</b>	Total distance for session
<b>TT</b>	Time Trial, best effort for particular distance, comparison with PB or best recent swim of same distance. RECORD PB time.
<b>Pull-buoy</b>	Use in recovery swims, lowers heart rate, feels easy
<b>Stroke-index</b>	Add time and stroke count for particular distance, lowest index number means a more efficient swimmer. For example, a time of 20 seconds for 25m and 24 strokes for 25m = stroke index of 44. Same swimmer a better swimmer when index is 43

**Masters Program is available at all of our Aquatic Centres,  
Please see reception for details.**

