

Hi there! If you are reading this, then you are on the right track to doing your best in your upcoming Jetty swim! Now you just have to get in the pool and actually swim it! Hah!!

You can modify these sessions as you see fit, but remember, the less you do, the less benefit it will have on your swimming fitness! This is training for distance and that means longer stuff, not many 50s and 25s. So you decide; how hard am I going to work? Then commit!

Session 1 (2900M)

W/Up

200 EZ F/S

300 as 100 KICK – 100 B3/B5/B3/B7 – 100 REVERSE IM

SET

4 X 75 F/S BUILD UP (+20)

1 X 200 SOLID (+30)

3 X 100 1 & 3: FAST OUT/EZ BACK 2: EZ OUT/FAST BACK (+20)

1 X 300 PB (+30)

2 X 150 SOLID +FINS (+20)

1 X 400 NEGATIVE SPLIT = 4 X 100 EACH ONE FASTER THAN THE PREVIOUS (+10 B/W EACH 100)

16 X 25 ODDS BUILD / EVENS SPRINT (+30)

COOL DOWN

200 B/S EZ

Session 2 (3100M)

W/Up

300 F/S – 100 SCULL (+PB) – 200 F/S – 100 SCULL – 100 F/S – 100 SCULL (SCULL #1 = NOT TOO WIDE!)

SET

500 SOLID (+30)

3 X 100 PB (+20)

300 B/S (+20)

2 X 100 BUILD (+15)

200 SOLID (+20)

1 X 100 FAST (+30)

2 X 300 as 100 PB/100 B5/100 SWIM (+20)

COOL DOWN

200 ALT BR/S & B/S

Session 3 (3150)

W/Up

6 x 75 as {25 F/S – 25 KICK (NO BOARD) – 25 B4 (ALT SIDES EACH 75)} (+15)

6 X 75 as {25 B/S – 25 BR/S – 25 F/S} (+15)

SET

3 X 250 BUILD (+30)

2 X 250 BROKEN as FAST 100/50/50/50 (+10 B/W EACH) (+40)

800 PB

COOL DOWN

100 B/S 100 CHOICE

Session 4 (3350M)

W/Up

3 x 400 as (200 F/S – 100 IM – 100 KICK) (+20)

SET

4 X 100 DESCENDING (+20)

400 PB SOLID (+30)

8 X 50 DESCENDING as -2 secs EACH 50 i.e. LAST 50 IS 16 SECS FASTER THAN FIRST! (+15)

400 SOLID

6 X 75 as 2 X {1: 75 BUILD 2: EZ 3: STEADY} (+15)

COOL DOWN

100 DOLPHIN

Try and get in the ocean as much as you can as well. Actually swim some distance, don't just look at the fish!

Swim hard. Don't cheat yourself! I'll be thinking of you x