



## Advanced Swim Plan (no pull buoy)

### Warm-up (5 minutes)

#### 1. Easy Swim (3 minutes):

- Swim 100 meters freestyle at a relaxed pace, followed by 100 meters backstroke. Alternate between the two strokes to gradually warm up your body.
- Focus on smooth, controlled breathing and efficient strokes.

#### 2. Drills (2 minutes):

- **Catch-Up Drill (Freestyle):** Swim freestyle, but keep one arm extended in front while the other arm is recovering. Only complete the stroke when your extended arm "catches up." This helps with stroke length and rotation.
- Do 2 x 25 meters with a 10-second rest in between each.

### Main Set (20 minutes)

#### 1. Freestyle Intervals (6 minutes)

- **Set:** Swim 6 x 50 meters freestyle at 85-90% effort, with 20 seconds rest between each 50 meters.
- **Goal:** Swim at a fast pace, focusing on maintaining long, efficient strokes. Try to swim each 50 meters as fast as possible while still maintaining form. Focus on keeping your body streamlined and your breathing controlled.

#### 2. Kickboard Kick Set (5 minutes)

- **Set:** Swim 5 x 50 meters flutter kick with a kickboard, with 15-20 seconds rest between each 50 meters.
- **Goal:** Push the intensity by kicking faster while maintaining a strong, steady rhythm. Focus on using your core to power your kick, keeping your body as horizontal as possible and avoiding splashing.

#### 3. IM (Individual Medley) Set (6 minutes)

- **Set:** Swim 2 x 100 meters IM (Individual Medley), with 30 seconds rest between each 100 meters.
  - IM is performed as:

- 25m Butterfly
  - 25m Backstroke
  - 25m Breaststroke
  - 25m Freestyle
- **Goal:** Maintain good technique for each stroke, focusing on smooth transitions between each. This set challenges your versatility and helps improve overall swimming strength.

#### 4. Fast 25s (3 minutes)

- **Set:** Swim 6 x 25 meters freestyle at maximum intensity, with 15 seconds rest between each.
- **Goal:** Swim each 25 meters at sprint pace, focusing on power and speed. Use each interval to practice explosive starts and strong finishes.

#### Cool-down (5 minutes)

##### 1. Easy Swim (3 minutes):

- Swim at a relaxed pace using any stroke of your choice, alternating between freestyle and backstroke. The goal is to gradually lower your heart rate and help your muscles recover.

##### 2. Stretching (2 minutes):

- Once out of the pool, perform gentle stretches for your arms, shoulders, and legs. Focus on areas that may feel tight after the high-intensity sets. Stretching will help with recovery and flexibility.

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#### Additional Tips:

- **Breathing:** For freestyle, ensure you're breathing every 3-5 strokes to maintain a balanced stroke. For backstroke, avoid holding your breath too long; exhale continuously. For butterfly, remember to time your breath with the pull phase to avoid fatigue.
- **Technique:** Focus on proper technique throughout, even during high-intensity intervals. Efficiency is key to swimming fast. Keep your body horizontal, your strokes long, and minimize splashing.
- **Pacing:** The freestyle intervals and IM set should be done at a high but sustainable intensity. For the 25-meter sprints, go all-out and focus on explosive starts and finishes.
- **Core Activation:** In all strokes, engage your core muscles to maintain stability and help with streamlining through the water.

This advanced swim plan is designed to build speed, strength, and endurance, challenging both your aerobic capacity and your stroke technique. Enjoy pushing yourself to new limits!