

**12 week programme designed for Marathon Auckland Swim**

**By Oceans Seven Swimmer Adam Walker**

Hi Guys!!!

The sets are designed to increase heart rate with limited rest. The pace should be what you are comfortable with half pace initially and over the next 3 months up to ¾ pace and beyond. The key is to get used to reduced rest this is what will make you quicker over longer distances such as 10k. Each month I will gradually increase the sets, however if you can’t manage all the distance reduce accordingly but use the same format and same rest. This is based on swimming 3 times a week and were the type of sets I used to consistently do which increased my fitness and pace. They gave me confidence on my journey to complete the ‘Oceans Seven’ swims. Enjoy!!!!

(All front crawl, however on warm down any stroke)

**Week 1**

Session 1

500 metres (warm up)

300 metres (25 secs rest), 200 metres (20 secs rest), 100 metres (15 secs rest), 100 metres (15 secs rest), 200 metres (20 secs rest), 300 metres (25 secs rest)

10 x 100 metres (15 secs rest)

500 metres (warm down)

Session 2

500 metres (warm up)

20 x 100 metres (15 secs rest between each 100 metres)

500 metres (warm down)

Session 3

500 metres (warm up)

10 x 100 metres (100 metre race pace rest for 15 secs, followed by 100 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip)

5 x 200 metres (200 metre race pace rest 20 secs, followed by 200 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip)

500 metres (warm down)

***Total 9k in the week***

**Week 2**

Session 1

500 warm up

300 metres (20 secs rest), 200 metres (15 secs rest), 100 metres (10 secs rest), 100 metres (10 secs rest), 200 metres (15 secs rest), 300 metres (20 secs rest)

10 x 100 metres (10 secs rest)

500 metres (warm down)

Session 2

500 metres (warm up)

20 x 100 metres (10 secs rest between each 100 metres)

500 metres (warm down)

Session 3

500 metres (warm up)

10 x 100 metres (100 metre race pace rest for 10 secs, followed by 100 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip)

5 x 200 metres (200 metre race pace rest 15 secs, followed by 200 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip)

500 metres (warm down)

***Total 9k in the week***

**Week 3**

Session 1

500 metres (warm up)

10 x 100 metres

- 100 metres easy

- 75 hard, 25 easy

- 50 hard, 50 easy

- 25 hard, 75 easy

- 100 hard

- 100 easy

- 75 easy, 25 hard

- 50 easy, 50 hard

- 25 easy, 75 hard

- 100 hard

2 x 500 metres (1 x 500 easy, 1 x 500 hard, 30 secs rest between each 500 )

500 metres (warm down)

Session 2

500 metres (warm up)

10 x 50s - 25 left arm, 25 right arm x 10

10 x 100m ( Full stroke counting strokes per length trying to reduce each length)

10 x 100m (each 100 reduce rest 2 x100 (20 secs rest), 2 x 100 (15 secs rest), 2 x 100 (10 secs rest) 2 x 100 (5 secs rest), 2 x 100 (no rest)

500 (warm down)

Session 3

500 metres (warm up)

3000 straight on ¾ pace trying to be consistent on each 100)

500 (warm down)

***Total 10.5k in the week***

**Week 4**

Session 1

500 metres (warm up)

400 metres, (25 secs), 300 metres (20 secs rest), 200 metres (15 secs rest), 100 metres (10 secs rest), 100 metres (10 secs rest), 200 metres (15 secs rest), 300 metres (20 secs rest) , 400 (25 secs)10 x 100 metres (10 secs rest)

500 metres (warm down)

Session 2

500 metres (warm up)

20 x 100 metres (10 secs rest between each 100 metres)

500 metres (warm down)

Session 3

500 metres (warm up)

10 x 100 metres (100 metre race pace rest for 10 secs, followed by 100 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip)

10 x 200 metres (200 metre race pace rest 15 secs, followed by 200 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip)

500 metres (warm down)

**Total 11k in the week**