


MASTERS / OF / TRI /

MASTERS / OF / TRI / - STRENGTH SESSIONS		SWIMMING
		
WARM UP:		
Perform a 400-500m warm up (multiples of 25m-50m is a simple and effective way to warm up) before starting the strength sets below		
WEEK	MAIN SET	TOTAL DISTANCE
1 Intro	3x 8x25m, p/P+B, 20RI - HARD 200m, p/P, 15RI - EASY 30-60sec rest between rounds	1200m
2 Build	3x 10x25m, p/P+B, 20RI - HARD 200m, p/P, 15RI - EASY 30-60sec rest between rounds	1350m
3 De-load	3x 8x25m, p/P+B, 20RI - HARD 250m, p/P, 15RI - EASY 30-60sec rest between rounds	1350m
4 Build	3x 10x25m, p/P+B, 20RI - HARD 250m, p/P, 15RI - EASY 30-60sec rest between rounds	1500m
5 Build	3x 12x25m, p/P+B, 20RI - HARD 200m, p/P, 15RI - EASY 30-60sec rest between rounds	1500m
6 De-load	3x 10x25m, p/P+B, 20RI - HARD 250m, p/P, 15RI - EASY 30-60sec rest between rounds	1500m
COOL DOWN:		
Perform 400m+ to finish your swim sessions (mix of 50-200m's)		
KEY:		
p (small)	Pull Buoy (and / or Buoyancy Shorts)	
P (capital)	Hand Paddles (same size or slightly bigger than hand)	
B	Ankle Band (make one from an old inner tube)	
RI	Rest Interval - the rest between reps	
HARD / EASY	The effort to swim at, HARD is on the muscles, not heart rate / breathing	