4-WEEK SWIM PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	**C1:** 4 x 100 swim @ 75%, 20 sec. rest; 200 pull @ 75%, 30 sec. rest; 1 x 50 as 25 kick/25 swim @ 85%, 20 sec. rest; 2 x 100 swim @ 75%, 30 sec. rest, 100 pull @ 70%	**A1:** 12 x 25, 10 sec. rest, progressing effort; 8 x 75, 20 sec. rest, progressing effort. 300 pull @ 70-75%		**A2:** 2 x (12 x 25 @ 90-95%, 10 sec. rest; 1 x 200 @ 70%, 1 min. rest)	**B1:** 300 swim @ 70%, snorkel + fins; 2 x 250 pull + snorkel @ 70%, 30 sec. rest; 5 x 50 swim @ 75%, 15 sec. rest; 8 x 25 pull/paddles @ 80%, 15 sec. rest; 250 swim @ 70%		**A3:** Stretch cords/core
WEEK 2	**C1:** 300 @ 70% snorkel + fins; 12 x 25 @ 80%, 15 sec. rest; 4 x 75 pull @ 75%, 20 rest; 4 x 50 easy, 20 rest		**A1:** 4 x 50 swim @ 85%, 15 sec. rest; 4 x 100 swim @ 80%, 20 sec. rest; 8 x 50 swim @ 85%, 15 sec. rest; 200 pull @ 70%%	**B1:** 400 pull @ 75%, 20 sec. rest; 12 x 25 swim @ 85%, 10 sec. rest; 2 x 100 pull @ 70%, 20 sec. rest; 2 x 50 swim @ 70%, 15 sec. rest		**A2:** 400 swim @ 70%, snorkel + fins; 4 x 75 @ 80%, 20 sec. rest; 4 x 75% @ 85%, 20 sec. rest; 300 pull + snorkel @ 70%, 30 sec. rest	**A3:** Stretch cords/core
WEEK 3	**C1:** 7 x 50 swim with fins, 20 sec. rest; 250 pull + snorkel @ 70%, 40 sec. rest; 3 x 50 pull @ 80%, 10 sec. rest; 50 swim fast; 250 swim @ 70%		**A1:** 4 x 50 swim @ 75%, 20 sec. rest; 3 x 100 with fins, progress effort, 20 sec. rest; 3 x 100 swim @ 80%, 20 sec. rest; 400 pull @ 75%	**B1:** 4 x 25 fists + snorkel + buoy, 15 sec. rest; 4 x 25 swim @ 90%, 20 sec. rest; 4 x 50 pull + snorkel + paddles @ 70%, 15 sec. rest; 4 x 50 pull + snorkel @ 75%, 10 sec. rest; 2 x 200 swim @ 70%, 20 sec. rest		**A2:** 4 x 25 closed fists swimming + snorkel + buoy, 15 sec. rest; 4 x 25 swim @ 80%, 15 sec. rest; 400 pull @ 75% + snorkel + paddles	**A3:** Stretch cords/core
WEEK 4	**C1:** 2 x (2 x 50 - 25 closed fists, 25 swim; 10 x 25 swim @ 70-90%, 15 sec rest. Odd 25s @ 90%, even 25s @ 70%); 200 pull + snorkel @ 70%; 250 swim @ 70%		**A1:** 10 x 75 fins @ 70%, 20 sec. rest; 250 snorkel @ 70%, 40 sec. rest; 4 x 75 swim, build to 80%, 20 sec. rest; 6 x 25 swim @ 90%, 15 sec. rest; 150 swim @ 70%	**B1:** 250 snorkel + buoy, 30 sec. rest; 10 x 50 snorkel, buoy, paddles @ 75%, 10 sec. rest; 200 swim @ 70%		**A2:** 8 x 75 fins @ 70%, 20 sec. rest; 16 x 50 pull, snorkel, paddles @ 75%, 10 sec. rest; 150 swim @ 70%	**A3:** Stretch cords/core