

INTERMEDIATE LONG DISTANCE SWIMMING TRAINING PROGRAMME

Are you an active swimmer who wants to mix it up with a varied workout regime to train for distances ranging from 200 to 800 m? If you want guidance on strong steady sets, pace and breathing control, then this programme is ideal for you!

GENERAL INSTRUCTIONS

- Warm up and cool down
- After cooling down, do some stretching
- Each week has pace guidelines to assist you in adjusting your speed as your fitness improves.

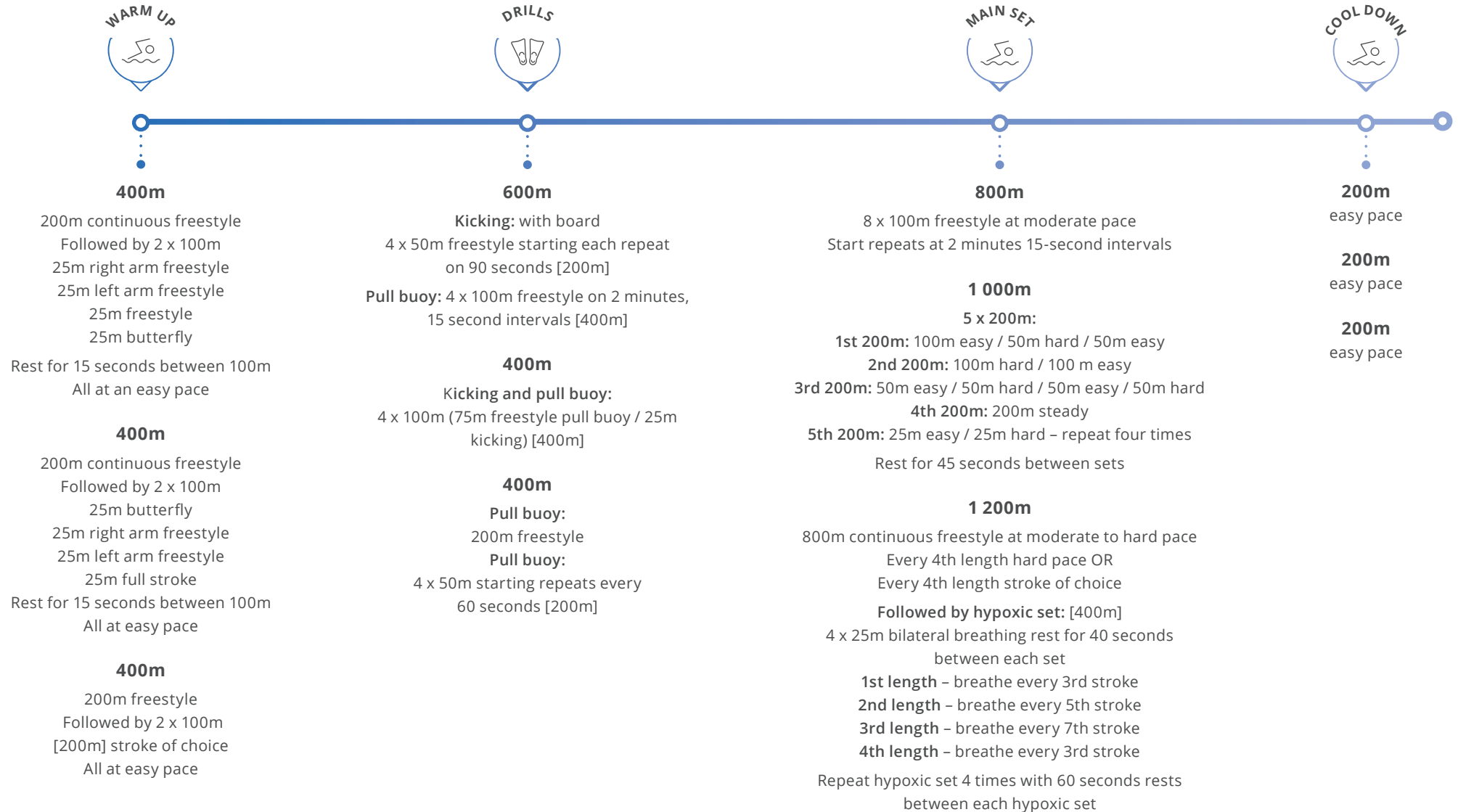
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Healthy Company is here for you. Contact us through the Discovery app, www.discovery.co.za or 0800 320 420

GUIDELINES

- Do three to four sessions each week (approximately 60 – 70 minutes)
- Aim for a distance of 2 500 m to 3 200 m at each session
- In a 25 m swimming pool, 25 m = 1 length, 50 m = 2 lengths, and 100 m = 4 lengths
- Always get medical clearance before starting on any exercise programme.

THE PROGRAMME – WEEK 1



PACE GUIDELINES:

25m

Easy: 30 – 35 seconds
Moderate: 25 – 29 seconds
Hard: 20 – 23 seconds

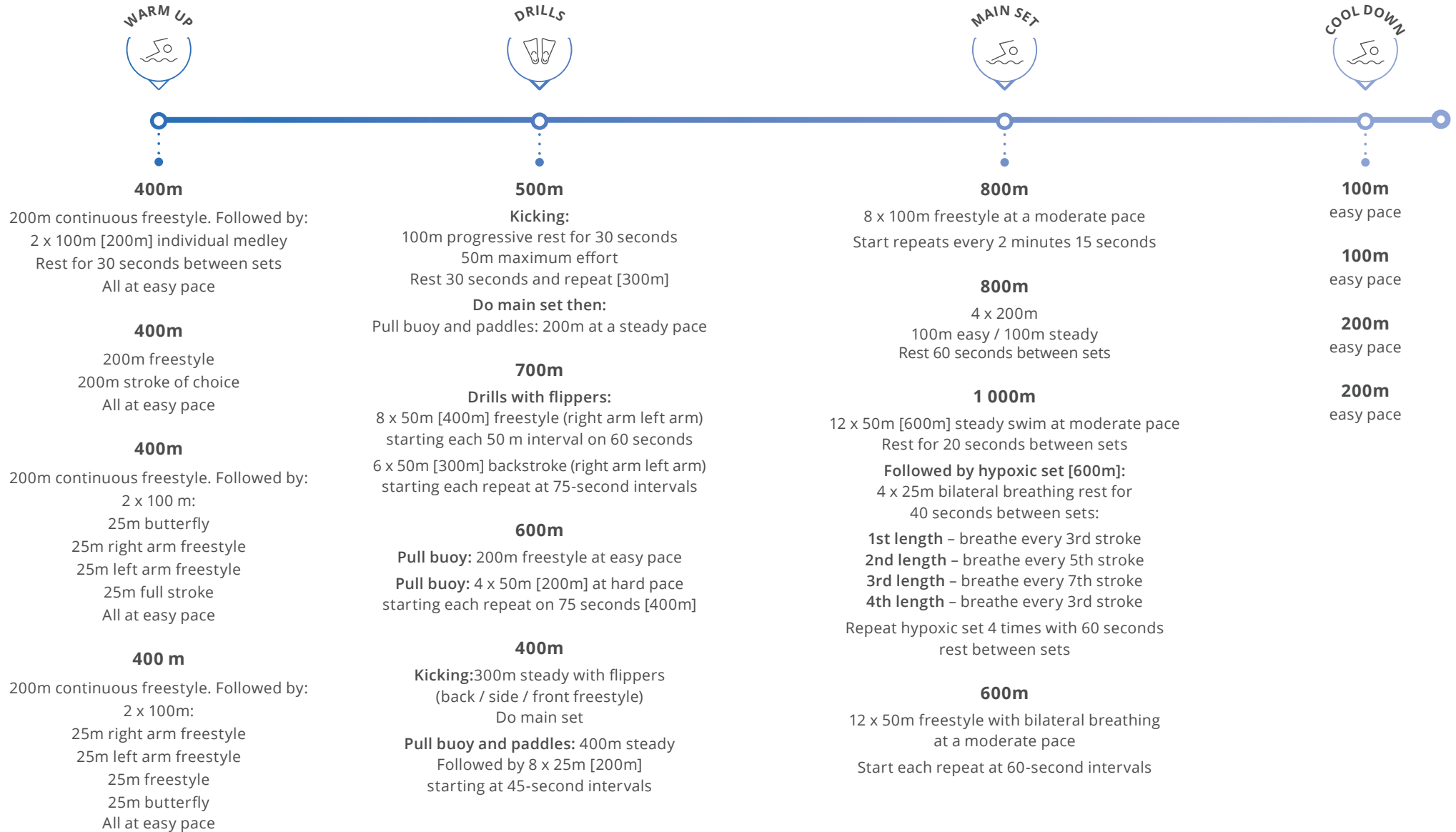
50m

Easy: 60 seconds
Moderate: 50 – 55 seconds
Hard: 40 – 45 seconds

100m

Easy: 2 minutes
Moderate: 1 minute 45 seconds – 1 minute 55 seconds
Hard: 1 minute 25 seconds – 1 minute 40 seconds

WEEK 2



PACE GUIDELINES:

25m

Easy: 30 – 35 seconds
Moderate: 25 – 29 seconds
Hard: 20 – 23 seconds

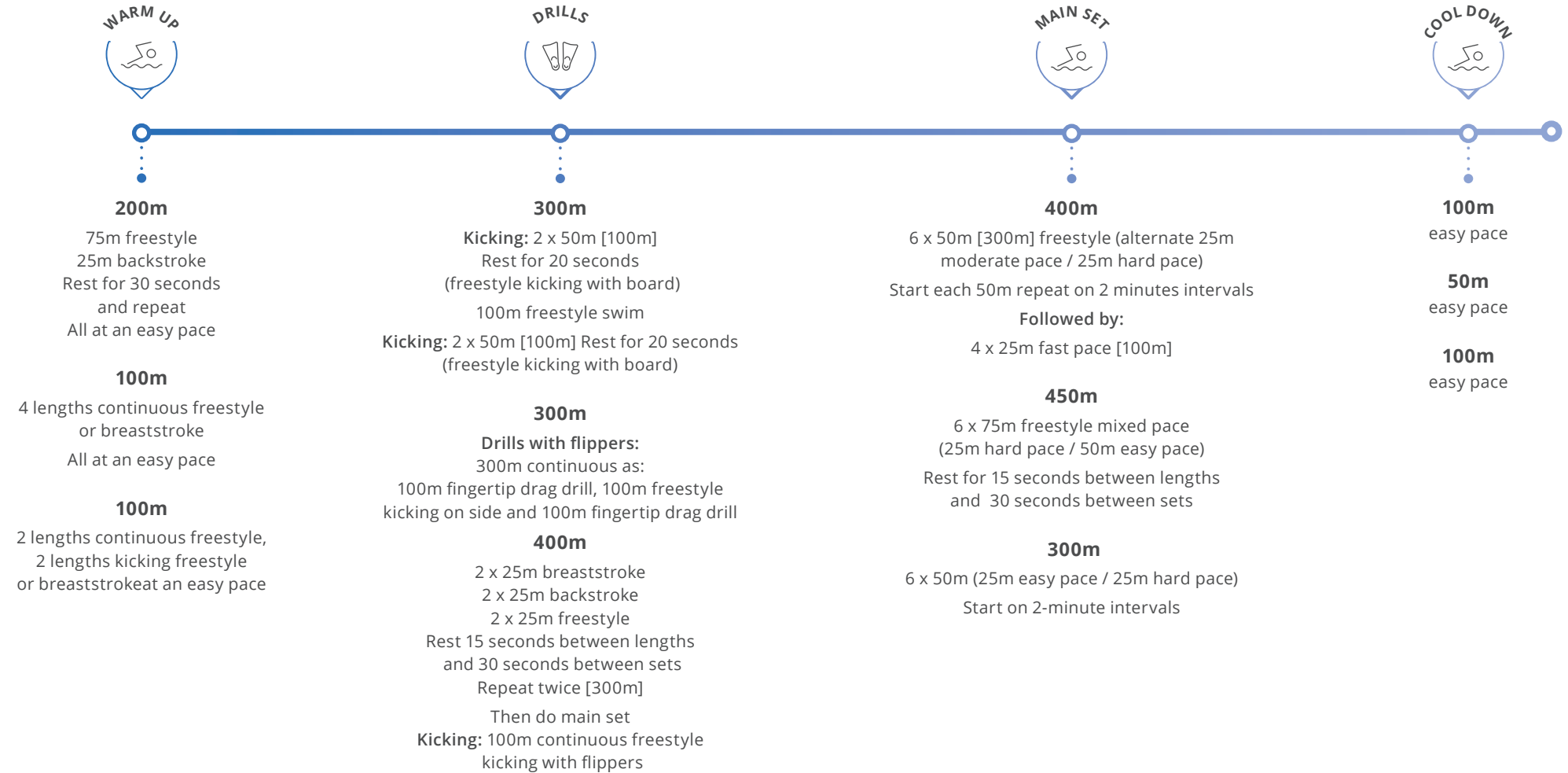
50m

Easy: 60 seconds
Moderate: 50 – 55 seconds
Hard: 40 – 45 seconds

100m

Easy: 2 minutes
Moderate: 1 minute 45 seconds – 1 minute 55 seconds
Hard: 1 minute 25 seconds – 1 minute 40 seconds

WEEK 3



PACE GUIDELINES:

25m

Easy: 30 – 35 seconds
Moderate: 25 – 29 seconds
Hard: 20 – 23 seconds

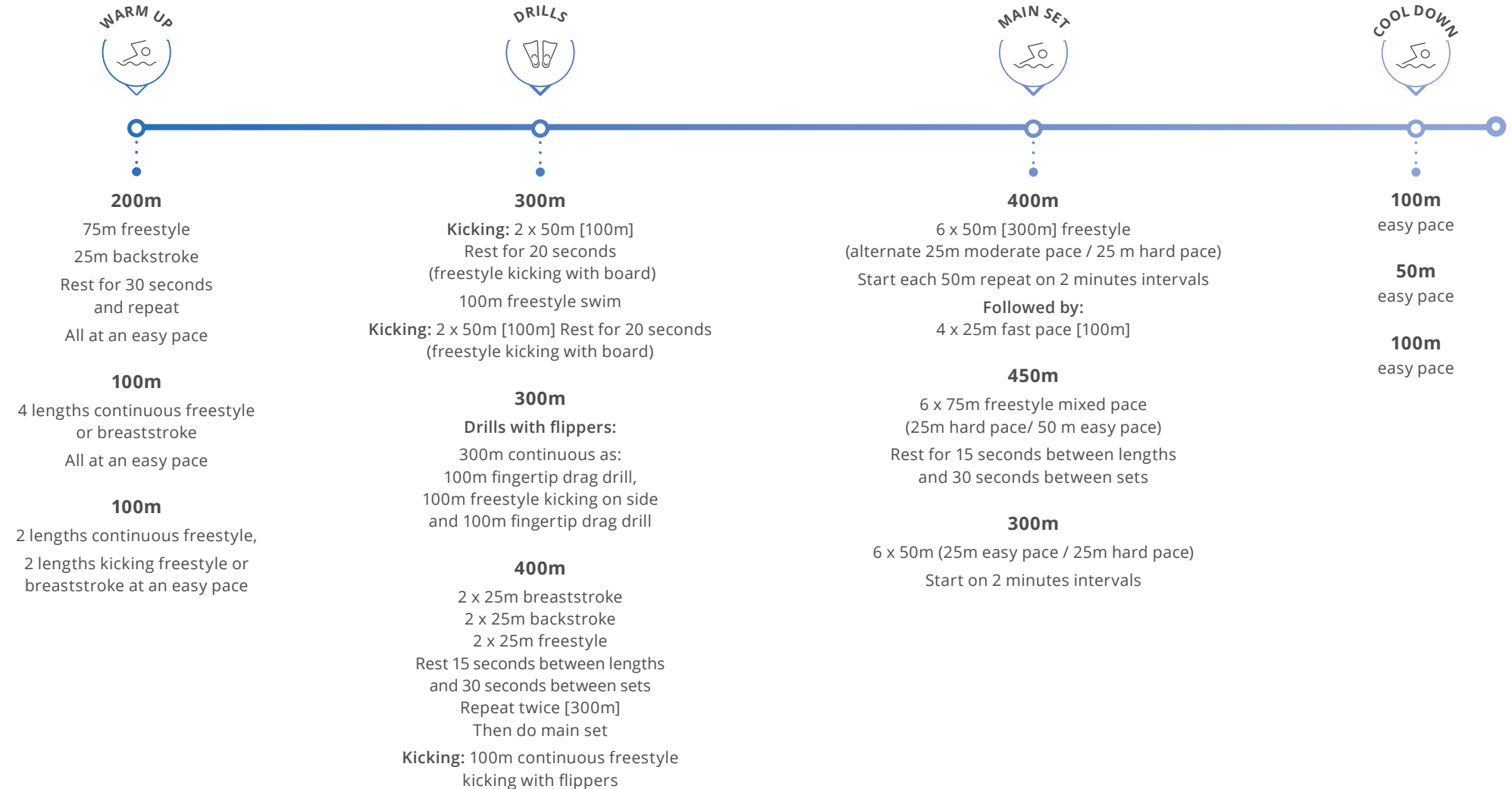
50m

Easy: 60 seconds
Moderate: 50 – 55 seconds
Hard: 40 – 45 seconds

100m

Easy: 2 minutes
Moderate: 1 minute 45 seconds – 1 minute 55 seconds
Hard: 1 minute 25 seconds – 1 minute 40 seconds

WEEK 4



PACE GUIDELINES:

25m

Easy: 30 – 35 seconds
Moderate: 25 – 29 seconds
Hard: 20 – 23 seconds

50m

Easy: 60 seconds
Moderate: 50 – 55 seconds
Hard: 40 – 45 seconds

100m

Easy: 2 minutes
Moderate: 1 minute 45 seconds – 1 minute 55 seconds
Hard: 1 minute 25 seconds – 1 minute 40 seconds

WEEK 5



200m

75m freestyle
25m backstroke
Rest for 30 seconds
and repeat
All at an easy pace

100m

2 lengths continuous freestyle,
2 lengths kicking freestyle or breaststroke
All at an easy pace



300m

Kicking:
200m freestyle
(continuous with flippers using board)
100m freestyle
(catch up drill using board and flippers)

400m

3 x (25m right arm freestyle,
25m left arm freestyle,
25m full stroke freestyle,
25m full stroke back stroke)
[300m]
Start at 45-second intervals
Kicking:
100m continuous with flippers



400m

4 x 75m [300m] progressive freestyle
Increase pace from easy to hard
Rest for 30 seconds between 75m repeats
4 x 25m [100m] bilateral breathing:
1st length breathe every 3rd stroke
2nd length breathe every 5th stroke
3rd length breathe every 7th stroke
4th length breathe every 3rd stroke
Start each repeat on 60 seconds

300m

6 x 50m [300m]
(25m easy pace / 25m hard pace)
Start on 2 minutes intervals



50m

easy pace

100m

easy pace

PACE GUIDELINES:

25m

Easy: 30 – 35 seconds
Moderate: 25 – 29 seconds
Hard: 20 – 23 seconds

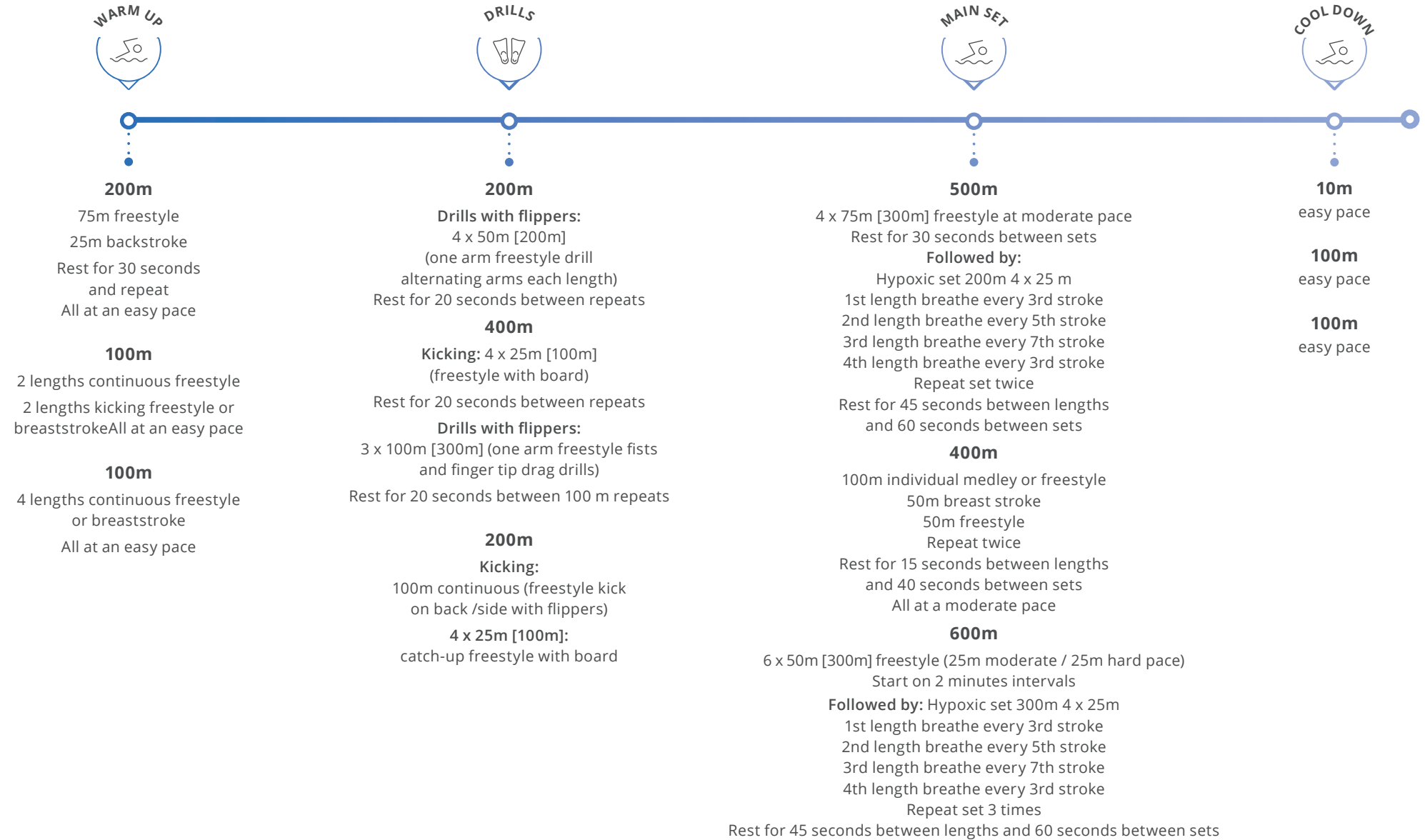
50m

Easy: 60 seconds
Moderate: 50 – 55 seconds
Hard: 40 – 45 seconds

100m

Easy: 2 minutes
Moderate: 1 minute 45 seconds – 1 minute 55 seconds
Hard: 1 minute 25 seconds – 1 minute 40 seconds

WEEK 6



PACE GUIDELINES:

25m

Easy: 30 – 35 seconds
Moderate: 25 – 29 seconds
Hard: 20 – 23 seconds

50m

Easy: 60 seconds
Moderate: 50 – 55 seconds
Hard: 40 – 45 seconds

100m

Easy: 2 minutes
Moderate: 1 minute 45 seconds – 1 minute 55 seconds
Hard: 1 minute 25 seconds – 1 minute 40 seconds