

ADVANCED TRAINING PLANS

ADVANCED LEVEL 1

DESCRIPTION	SET	TOTAL DISTANCE (2200m)
Warm-Up	3x 200m	600m
Main Set	12x 100m	1200m (20sec rest)
Cool Down	4x 100m (easy)	400m

ADVANCED LEVEL 2

DESCRIPTION	SET	TOTAL DISTANCE (2500m)
Warm-Up	4x 200m	600m
Main Set	8x 100m	800m (20sec rest)
	4x 200m	800m (20sec rest)
Cool Down	3x 100m (easy)	300m

ADVANCED LEVEL 3

DESCRIPTION	SET	TOTAL DISTANCE (2700m)
Warm-Up	3x 200m	600m
Main Set	6x 200m	1200m (20sec rest)
	2x 300m	600m (20sec rest)
Cool Down	3x 100m (easy)	300m

ADVANCED LEVEL 4

DESCRIPTION	SET	TOTAL DISTANCE (3000m)
Warm-Up	3x 200m	600m
Main Set	6x 400m	1600m (20sec rest)
	1x 500m	500m
Cool Down	3x 100m (easy)	300m

ADVANCED LEVEL 5

DESCRIPTION	SET	TOTAL DISTANCE (3500m)
Warm-Up	3x 200m	600m
Main Set	4x 400m	1600m (15sec rest)
	2x 500m	1000m (15sec rest)
Cool Down	3x 100m (easy)	300m

AIM FOR 1 TO 3 SESSIONS PER WEEK



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