

INTERMEDIATE TRAINING PLANS

INTERMEDIATE LEVEL 1

| DESCRIPTION | SET | TOTAL DISTANCE (1450m) |
|-------------|----------------------|------------------------|
| Warm-Up | 4x 50m(easy) | 200m |
| Drill | 8x (25m kick/50m FC) | 600m (30sec rest) |
| Endurance | 10x 50m | 500m (30sec rest) |
| Cool Down | 6x 25m (easy) | 150m |

INTERMEDIATE LEVEL 2

| DESCRIPTION | SET | TOTAL DISTANCE (1600m) |
|-------------|----------------------|--------------------------|
| Warm-Up | 2x 200m (easy) | 400m |
| Drill | 8x (25m kick/50m FC) | 600m (30sec rest at 75m) |
| Endurance | 8x 50m | 400m (30sec rest) |
| Cool Down | 4x 50m (easy) | 200m |

INTERMEDIATE LEVEL 3

| DESCRIPTION | SET | TOTAL DISTANCE (1750m) |
|-------------|--------------------|------------------------|
| Warm-Up | 2x 200m (easy) | 400m |
| Kick Set | 3x 150m Kick Board | 450m (30sec rest) |
| Main Set | 12x 50m | 600m (30sec rest) |
| Cool Down | 3x 100m (easy) | 300m |

INTERMEDIATE LEVEL 4

| DESCRIPTION | SET | TOTAL DISTANCE (1950m) |
|-------------|--------------------|------------------------|
| Warm-Up | 2x 200m (easy) | 400m |
| Kick Set | 3x 150m Kick Board | 450m (40sec rest) |
| Main Set | 8x 100m | 800m (30sec rest) |
| Cool Down | 3x 100m (easy) | 300m |

INTERMEDIATE LEVEL 5

| DESCRIPTION | SET | TOTAL DISTANCE (2000m) |
|-------------|---|---|
| Warm-Up | 3x 200m (easy) | 600m |
| Main Set | Sprints - 50m, 100m, 150m, 200m, 250m, 200m, 100m, 50m | 1100m (40sec rest after each sprint) |
| Cool Down | 3x 100m (easy) | 300m |

AIM FOR 1 TO 3 SESSIONS PER WEEK



REGISTER AT
www.boayneswim.ie