

# IN AT THE DEEP END



## Tetraplegic 3 month Training plan for 1km swim

**e** Easy =1-2/10   **s** Steady =3-5/10   **m** Moderate =6-8/10   **f** Fast =9/10   **★** Record Time

MONTH 1	WARM UP	MAIN SET	COOL DOWN
Week 1 session 1	<b>e</b> 100m easy	<b>m</b> 8x25m moderate pace 15 secs rest after each <b>s</b> 2x75m steady pace 30 secs rest after each <b>m</b> 4x25m moderate pace 15 secs rest after each	<b>e</b> 50m easy
Week 1 session 2	<b>e</b> 4x50m easy 30 secs rest after each	<b>m</b> 8x25m moderate pace 10 secs rest after each <b>m</b> 2x100m moderate pace 15secs rest after each	<b>e</b> 50m easy
Week 2 session 1	<b>e</b> 4x50m easy 30 secs rest after each	<b>m</b> 8x25m moderate pace 10 secs rest after each <b>s</b> 2x100m steady pace 30 secs rest after each <b>m</b> 4x25m moderate 30 secs rest after each	<b>e</b> 50m easy
Week 2 session 2	<b>e</b> 200m easy <b>m</b> 4x25m moderate pace 15 secs rest after each	<b>★</b> 200m best effort record time	<b>e</b> 100m easy
Week 3 session 1	<b>e</b> 100m easy	<b>m</b> 24x50m moderate pace 15 secs rest after each <b>f</b> 4x25m fast pace 30secs rest after each <b>m</b> 2x50m moderate pace 15 secs rest after each	<b>e</b> 150m easy
Week 3 session 2	<b>e</b> 4x75m easy 30 secs rest after each	<b>f</b> 8x25m fast pace 30 secs rest after each	<b>e</b> 150m easy
Week 4 session 1	<b>e</b> 2x100 easy 30 secs rest after each	<b>m</b> 2x50m moderate pace 30 secs rest after each <b>f</b> 4x25m fast pace 30 secs rest after each <b>m</b> 2x50m moderate pace 20 secs rest after each	<b>e</b> 200m easy
Week 4 session 2	<b>e</b> 250 easy <b>m</b> 4x50m moderate pace 30 secs rest after each <b>f</b> 6x25m fast pace 30 secs rest after each	<b>★</b> 400m best effort, record time	<b>e</b> 300m easy

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MONTH 2	WARM UP	MAIN SET	COOL DOWN
Week 1 session 1	<b>e</b> 200m easy	<b>s</b> 5x75m steady pace 30 secs rest after each <b>m</b> 5x75m moderate pace 30 secs rest after each	<b>e</b> 100m easy
Week 1 session 2	<b>e</b> 4x50m easy 30 secs rest after each	<b>m</b> 4x25m moderate pace 15 secs rest after each <b>s</b> 200m steady <b>f</b> 8x25m fast pace 15 secs rest after each <b>s</b> 200m steady <b>m</b> 4x25m moderate pace 30 secs rest after each	<b>e</b> 100m easy
Week 2 session 1	<b>e</b> 4x50m easy 30 secs rest after each	<b>m</b> 8x25m moderate pace 30 secs rest after each <b>s</b> 200m steady <b>m</b> 4x50m moderate pace 20 secs rest after each	<b>e</b> 200m easy
Week 2 session 2	<b>e</b> 100m easy <b>e</b> 4x25m easy 30 secs rest after each	<b>★</b> 500m best effort record time	<b>e</b> 100m easy
Week 3 session 1	<b>e</b> 250m easy 6x25m easy <b>e</b> 30 secs rest after each	<b>m</b> 5x100m moderate pace 20 secs rest after each	<b>e</b> 100m easy
Week 3 session 2	<b>m</b> 4x50m moderate pace 30 secs rest after each <b>f</b> 8x25m fast pace 30 secs rest after each 3mins rest	<b>★</b> 200m best effort, record time	<b>e</b> 400m easy
Week 4 session 1	<b>e</b> 2x100 easy 30 secs rest after each	<b>m</b> 2x50m moderate pace 30 secs rest after each <b>f</b> 4x25m fast pace 30 secs rest after each <b>m</b> 2x50m moderate pace 20 secs rest after each	<b>e</b> 200m easy
Week 4 session 2	<b>e</b> 300m easy	<b>★</b> 600m best effort, record time	<b>e</b> 100m easy

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MONTH 3	WARM UP	MAIN SET	COOL DOWN
Week 1 session 1	<b>e</b> 100m easy <b>s</b> 8x25m steady 30 secs rest after each	<b>f</b> 4x25m fast pace 10 secs rest after each <b>m</b> 4x100m moderate pace 30 secs rest after each <b>f</b> 4x25m fast pace 10 secs rest after each	<b>e</b> 100m easy
Week 1 session 2	<b>e</b> 4x50m easy 15 secs rest after each	<b>s</b> 200m steady <b>f</b> 4x25m fast pace 10 secs rest after each <b>s</b> 200m steady <b>f</b> 4x25m fast pace 10 secs rest after each	<b>e</b> 200m easy
Week 2 session 1	<b>e</b> 100m easy <b>s</b> 4x25m steady 20 secs rest after each	<b>f</b> 2x25m fast pace 20 secs rest after each <b>m</b> 3x200m moderate pace 30 secs rest after each <b>f</b> 2x25m fast pace 20 secs rest after each	<b>e</b> 100m easy
Week 2 session 2	<b>e</b> 200m easy <b>s</b> 8x25m steady 20 secs rest after each	<b>★</b> 800m best effort record time	<b>e</b> 200m easy
Week 3 session 1	<b>e</b> 100m easy <b>s</b> 8x25m steady 20 secs rest after each	<b>m</b> 2x300m moderate 30 secs rest after each	<b>e</b> 100m easy
Week 3 session 2	<b>e</b> 100m easy <b>m</b> 8x25 moderate 15 secs rest after each	<b>s</b> 200m steady <b>f</b> 6x25m fast pace 10 secs rest after each <b>s</b> 200m steady <b>f</b> 6x25m fast pace 10 secs rest after each	<b>e</b> 100m easy
Week 4 session 1	<b>e</b> 200m easy <b>s</b> 2x50m steady 20 secs rest after each	<b>m</b> 8x25m moderate pace 10 secs rest after each <b>f</b> 2x100m fast 30 secs rest after each <b>m</b> 8x25m moderate pace 10 secs rest after each	<b>e</b> 200m easy
Week 4 session 2	<b>e</b> 200m easy	<b>★</b> 1000m best effort record time	<b>e</b> 100m easy