

## Sprint session example

This is written for a 33.3m pool but can be adapted to 25m or 50m.

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### 1. Warm-up

- 400m steady, mix strokes
- 4 x 33m kick (work through butterfly, backstroke, breaststroke and front crawl or choice)

*10 to 15 minutes of easy swimming helps loosen you up, raise your heartrate and prepare your mind so you're ready to swim faster. I like to mix strokes to go through a full range of swimming movements.*

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### 2. Prep set

- 6 x 33 front crawl, build off last swimmer + 5s
- 6 x 33 choice ½ length sprints off last swimmer + 5s, focus on streamline, underwater and breakout

*Short sprints prime your nervous system for the harder efforts to come without tiring you out. “Build” means start your length slowly and increase your pace to sprint for the last few metres. To streamline, lock your hands above your head with your arms pressed against your ears and hold your core taught. Push off the wall at a downwards angle and use dolphin (butterfly) kicks to power back to the surface, then transition into full stroke. If you’re swimming on your own, rather than with other swimmers, give yourself 15 to 30s rest after each length.*

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### 3. Main

- 4 x 133m front crawl max effort off 4:30 – broken at 66m (10s) and 100m (10s).
  - “Broken” means pause for 10s
  - (If doing this in a 25m, you could do 4x100m broken at 50m and 75m)
- 2 lengths backstroke kick or easy swim
- Repeat the following 4 times, once on each stroke
  - 66m sprint off 3:00
  - 33m sprint off 1:30
  - 33m easy
  - (This could be 50m, 25m and 25m in a 25m pool)

*Longer distance efforts work your speed endurance. Breaking the swim for 10s allows you to cover the full distance at a higher speed than if you swim straight through. The shorter swims allow you to test your all-out speed. There are cross-over benefits to swimming all strokes, even if you only use front crawl for swim challenges. Make sure you take the full rest to recover between the sprint efforts.*

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## **6. Swim-down**

- Easy choice

*Time to relax. Swim slowly and let your heart rate settle.*