

SUN CITY 1500m SWIMMING PROGRAM

If you completed the 600 meter Fun swim at SUN CITY last year and want to swim 1500 meter this year just follow the 8 week program below. You need to train at least three days per week to attain the required fitness to complete the race. Try to rest one day between the sessions as this will give your body time to recover.

Please feel free to contact Annemarie directly at dressler@vodamail.co.za or via Facebook for specific questions or more specialized training advice.

WEEK 1		
Day 1		Meters
200	Free breathe every 2,3,4,5 strokes and back	200
2*50	Free rest 30 seconds	100
2*50	Free pull	100
2*50	Free rest 20 seconds	100
2*50	Free stroke drill	100
2*50	Free rest 10 seconds	100
100	Easy	100
	Daily distance in meters	800
Day 2		
200	25 Free, 25 Breast	200
200	Kick on back without flippers	200
4*100	Free rest 1 minute	400
100	Easy	100
	Daily distance in meters	900
Day 3		
200	Easy Free	200
2*300	75 Free, Free sprint repeat 3 times	600
100	Easy	100
	Daily distance in meters	900
	Total weekly distance in meters	2600

*Stroke drill: 25 meters one arm, 25 meters other arm and 25 meters catch up (let one hand wait for the other hand at the front before starting the pull)

WEEK 2		Meters
Day 1		
400	Free with snorkel	400
100	Fly kick, front, side, back, front per 25	100
100	50 Free, 50 Free kick with sculling rest 30 seconds	100
2*50	25 Free, 25 Free pull rest 20 seconds	100
4*25	25 Free, 25 Free kick with sculling rest 10 seconds	100
100	Loosen	100
	Daily distance in meters	900
Day 2		
200	Free stroke drill	200
800	Free maintain equal pace in 100's	800
100	Loosen	100
	Daily distance in meters	1100
Day 3		
200	Free kick with flippers	200
50	Free rest 20 seconds	50
100	Free rest 30 seconds	100
200	Free rest 40 seconds	200
100	Free rest 30 seconds	100
50	Free sprint	50
4*25	3 breaths, 2 breaths, 1 breath, 0 per 25	100
100	Easy	100
	Daily distance in meters	900
	Total weekly distance in meters	2900

WEEK 3		Meters
Day 1		
200	50 Free, 50 Back/Breast	200
100	Fly kick on all sides with flippers	100
4*50	Free rest 30 seconds	200
4*50	Free rest 25 seconds	200
4*50	Free rest 20 seconds	200
100	Easy	100
	Daily distance in meters	1000
Day 2		
200	Easy Free with snorkel	200
6*100	Free maintain pace for Sun City swim per 100, rest 45 seconds	600
200	Kick with board	200
	Daily distance in meters	1000
Day 3		
200	Easy Free	200
150	100 Free rest 30 seconds + 2*25 Free sprints rest 30 seconds	150
300	200 Free rest 30 seconds + 4*25 Free sprints rest 30 seconds	300
450	300 Free rest 30 seconds + 6*25 Free sprints rest 30 seconds	450
200	Kick on back with flippers	200
	Daily distance in meters	1300
	Total weekly distance in meters	3300

WEEK 4		Meters
Day 1		
200	Easy	200
200	Pull	200
200	Kick	200
400	Easy Free swim	400
	Daily distance in meters	1000
Day 2		
200	Easy Free	200
200	Free with flippers *heads-up every 2nd 25	200
200	Kick fast, medium, slow per 25	200
200	Free drill	200
	Daily distance in meters	800
Day 3		
400	50 Free, 50 Breast	400
200	Free rest 40 seconds	200
100	Free rest 20 seconds	150
50	Free rest 10 seconds	50
2*25	Free without breath	50
100	Easy	100
	Daily distance in meters	900
	Total weekly distance in meters	2700

*Heads-up: Keep your head above the water throughout the length. Swim short powerful strokes and kick hard underwater like Water polo players do.



WEEK 5		Meters
Day 1		
300	Swim, kick, pull by 100	300
3*300	250 Free, rest 10 seconds, 50 Building, rest until recovered	900
200	Cool down	200
	Daily distance in meters	1400
Day 2		
4*50	Free with 20 seconds rest	200
4*200	Free rest 1 minute	800
200	Easy	200
	Daily distance in meters	1200
Day 3		
200	Easy Free	200
10*100	Free Sun City pace per 100, rest 15 seconds	1000
100	Loosen	100
	Daily distance in meters	1300
	Total weekly distance in meters	3800

WEEK 6		Meters
Day 1		
800	Free *sight once per 25	800
8*25	With only 2 breaths	200
200	Easy	200
	Daily distance in meters	1200
Day 2		
200	Free drill	200
400	Free breathing every 2,3,4,5 strokes repeat per 25	400
8*100	Free building rest 15 seconds	800
200	Free kick without board	200
	Daily distance in meters	1600
Day 3		
200	50 Free, 50 Breast	200
800	Free pulling	800
200	Cool down	200
	Daily distance in meters	1200
	Total weekly distance in meters	4000

*Sight: Pick you head up until your eyes clear the water. Do not breathe but sight on you bag or another object lying on the side of the pool. Breathe normally on the next stroke.



WEEK 7		Meters
Day 1		
200	Warm up	200
12*100	Free maintain pace for Sun City swim per 100, rest 30 seconds	1200
200	Easy	200
	Daily distance in meters	1600
Day 2		
200	50 Free, 50 Breast	200
8*25	Head up Free with flippers	200
2*200	Free pulling	400
4*100	Free kicking	400
200	Loosen	200
	Daily distance in meters	1400
Day 3		
800	Easy Free with *snorkel	800
200	Free rest 1 minute	200
100	Free rest 45 seconds	100
2*50	Free sprint, rest until recovered	100
200	Loosen	200
	Daily distance in meters	1400
	Total weekly distance in meters	4400

*Swimmers snorkel: Limits air intake and increase lung capacity



WEEK 8		Meters
Day 1		
200	Free, sight every 5th stroke	200
8*50	Free building	400
200	Cooldown	200
	Daily distance in meters	800
Day 2		
1000	Easy	1000
Day 3	REST!	
	Total weekly distance in meters	1800