

GET SPEEDO FIT

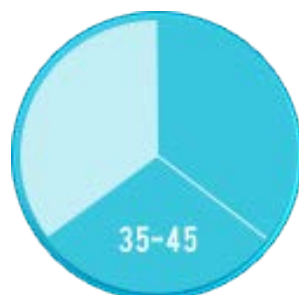
YOU HAVE THE WILL. WE HAVE THE WAY.

PERFORMER 25M POOL PROGRAM LEVEL 3

For those who have the will to 'Get Speedo Fit', this easy-to-follow workout plan is a great way to make the most of your time in the water and reach your fitness goals. The goal at the end of this program is to **Swim 2.5km**. This program is also a perfect pool program for those training for the Bondi to Bronte & Pier to Pub Ocean Swims.

This is the Get Speedo Fit Swimming Program Performer Level. If you have completed the Improver Program or feel you are at an advanced level, this is the category for you! Training for a long swim can get really boring so this program has been developed to challenge you every session mixing up drills and training aids so as no two sessions in the pool are the same.

SESSION LENGTH



Allow for **35-45** minutes for each session, depending on how fast you choose to swim. Remember it's not about speed, it's about technique.

STROKE



This program references all four strokes.

PROGRAM LENGTH



4 WEEK PROGRAM

As well as helping to improve stamina and muscle tone, swimming is also a great cardiovascular activity and the best choice for an all-over body workout, and vastly improved fitness, whilst virtually eliminating impact on joints and muscles. This program will help those who can swim long distances to develop speed and technique with several different types of 'Main Set' options to ensure a varied and complete workout. This is the third level of the program, so if you find this a little too difficult, you may wish to check out the earlier stages. The 'Starter' level is aimed at beginners or those who haven't swum for a long time, and demonstrates the basics of fitness swimming. If you can swim around 10 laps but need some extra help, check out the 'Improver' level.

WEEK 1: SESSION 1 DISTANCE TO SWIM: 1.5KM

Your focus for this session is about getting wet (first and foremost) and thinking about your freestyle technique.

Before you start this program, it's important that no matter how fit or experienced you are, that you always focus on 2 key points.

Switching your core on you want to hold good body positioning through the water and the best place to start is by switching on your core.

Head positioning make sure your head is still driving forward with the crown of your head. Try not to flick your head all over the place when you swim or the rest of your body will wiggle up the pool as well!

WARMUP

2 x 200M
16 X 25M
SLOW LAPS



HINTS & TIPS

Try and focus on switching your core on for better positioning and technique.

AFTER SET REST : UP TO 2 MINUTES

DRILL SET

2 x 25M
3 STROKES, 8 KICKS



WITH CENTRE SNORKEL

HINTS & TIPS

Using your snorkel for this drill, take 3 freestyle strokes and keeping your arm straight out in front of you after the 3rd stroke, take 8 kicks.

2 x 25M
25M RIGHT ARM
& 25M LEFT ARM



HINTS & TIPS

25m of right arm only, left hand remaining out front then 25m left arm only, right hand remaining out front.

2 x 25M
BREATHING 5'S
LAPS



HINTS & TIPS

Focus here is breath control - breathing every 5th stroke.

REPEAT SET (TOTAL DISTANCE OF SET IS 300M)

AFTER SET REST : 1 MINUTE

MAIN PYRAMID SET

SET 1 50M LAP
2 X 25M
SET 2 100M LAP
4 X 25M
SET 3 150M LAP
6 X 25M
SET 4 200M LAP
8 X 25M



PADDLES



& PULL BUOY

HINTS & TIPS

The Paddles will provide some resistance. The Pull Buoy will ensure you focus on your upper body stroke. Lead with your finger tips, then hands over the elbow when you pull through the water. Try not to drop your elbow.

Count stroke in the last 50m of set 1 should be held for the first 50m of set 2. Count stroke in the last 50m of set 2 should be held for the first 50m of set 3. Count stroke in the last 50m of set 3 should be held for the first 50m of set 4.

AFTER SET REST : 30 SECONDS

WEEK 1: SESSION 1 DISTANCE TO SWIM: 1.5KM

MAIN PYRAMID SET

1x 200M
LAP



WITH KICKBOARD

HINTS & TIPS

The **Kickboard** will allow you to focus on your kick. Remember to hold the board from the top and not the sides. As mentioned above, keep your core switched on for strength and try to flick your feet when you kick for better propulsion.

AFTER SET REST : 30 SECONDS

SWIMDOWN

1x 100M
4x25M
SLOW LAPS



GEOFF SAYS

Don't get too bogged down with the detail of the sessions – this will get easier with time. The main thing is to focus on good technique!

TOTAL DISTANCE SWUM : 1.5KM

WEEK 1: SESSION 2 DISTANCE TO SWIM: 1.6KM

Welcome back to session 2. As you can tell from session 1, this program is really going to challenge you, but if you're committed to the end result, work through each session day by day, week by week because the reward at the end is well worth it.

WARMUP

1x 400M
16x25M
SLOW LAPS



HINTS & TIPS

Swimming harder doesn't always mean you'll swim faster! Stay controlled and efficient.

AFTER SET REST: UP TO 1 MINUTE

DRILL SET

2x 25M
10M HARD, 15M EASY
LAPS



HINTS & TIPS

The goal here is to sprint for 10m and swim easy for the next 15m.

2x 25M
FIRST 25M WITH
NO BREATH
LAPS



HINTS & TIPS

The goal here is to swim the first 25m with no breath. This will help you with your controlled swimming and developing a good technique.

REPEAT SET 3 MORE TIMES (TOTAL DISTANCE OF SET IS 400M)

AFTER SET REST: 2 MINUTES

MAIN SET

2x 150M
12x25M
LAPS



HINTS & TIPS

Maximum 10 seconds rest in between these 2 laps.

8x 25M
HOLDING STROKE
COUNT
LAPS



HINTS & TIPS

The goal here is to maintain the same time and stroke count for every lap.

1x 200M
8x25M
LAP



WITH KICKBOARD

AFTER SET REST: 1 MINUTE

WEEK 1: SESSION 2 DISTANCE TO SWIM: 1.6KM

SWIMDOWN

1x 100M
4X25M
SLOW LAPS



GEOFF SAYS

The key to this session is remembering your technique. The longer you swim for, the more you will want to fall back into old bad habits.

TOTAL DISTANCE SWUM: 1.6KM

WEEK 1: SESSION 3 DISTANCE TO SWIM: 1.8KM

This is a great Friday session which allows you to just get into the pool and swim, without too much thought.

MAINSET

1x 300M <small>12X25M SLOW LAP</small>		HINTS & TIPS No warm up and warm down, just a main set.
1x 200M <small>8X25M LAP</small>	 WITH KICKBOARD	
1x 100M <small>4X25M LAP</small>	 PADDLES & PULL BUOY	
AFTER SET REST : 1MINUTE		
1x 300M <small>12X25M SLOW LAP</small>	 WITH KICKBOARD	HINTS & TIPS Remember: Technique, technique, technique!
1x 200M <small>8X25M LAP</small>	 PADDLES & PULL BUOY	
1x 100M <small>4X25M LAP</small>		
AFTER SET REST : 1MINUTE		

WEEK 2: SESSION 1 DISTANCE TO SWIM: 1.7KM

We're stepping it up for week 2 with some more advanced drills, like what I used to do when I was training for a big competition. It's important that you keep focusing on core and head position for efficiency.

WARM UP

1x 300M
2X150M
SLOW LAP



HINTS & TIPS

1st & 2nd 25 – Freestyle
3rd & 4th 25 – Backstroke
5th & 6th 25 – Freestyle
Repeat

3x 50M
8X25M
LAPS



AFTER SET REST : 1 MINUTE

DRILL SET

2x 25M
SCULL 25M, SWIM 25M
LAPS



HINTS & TIPS

The goal for this 50m is to scull for 25m and swim for 25m. To scull, hold your arms out and scull the water with your hands whilst kicking.

2x 25M
STROKE THEN KICK
LAP



HINTS & TIPS

The same as 'W01 S01 Drill Set' - take 3 freestyle strokes and keeping your arm straight out in front of you after the 3rd stroke, take 8 kicks.

REPEAT SET 3 MORE TIMES (TOTAL DISTANCE OF SET IS 400M)

AFTER SET REST : 30 SECONDS

MAIN SET

3x 200M
24X25M
STROKE COUNT
LAPS



HINTS & TIPS

Your rest in between these 200m laps should be no more than 10 seconds.

Stroke count of the first 50m of laps 2 & 3 should be the same as the last 50m of the previous lap

AFTER SET REST : 1 MINUTE

SWIM DOWN

1x 200M
8X25M
SLOW LAP



Head and body position is the key for this session.

TOTAL DISTANCE SWUM : 1.7KM

WEEK 2: SESSION 2 DISTANCE TO SWIM: 1.8KM

This session will really make you think, so stay focused!

WARM UP

12 x 50M
24X25M
LAPS



FINS, FREESTYLE AND
BACKSTROKE

HINTS & TIPS

Freestyle Lap 1, 2, 5, 6, 9, 10, 13, 14, 17, 18, 21 & 22

Backstroke Lap 3, 7, 11, 15, 19 & 23

Drill of your choice Lap 4, 8, 12, 16, 20 & 24

Every 3rd lap – backstroke, every 4th lap – a drill of your choice

AFTER SET REST: 1 MINUTE

MAIN SET

4 x 150M
24X25M
LAPS



PADDLES



& PULLBUOY

4 x 100M
16X25M
LAPS



WITH KICKBOARD

AFTER SET REST: 1 MINUTE

SWIM DOWN

1 x 200M
8X25M
LAP



GEOFF SAYS

Nearly half way through the program.

Keep up the good work, don't forget about recovery. Remember to keep your eye on our goal.

TOTAL DISTANCE SWUM: 1.8KM

WEEK 2: SESSION 3 DISTANCE TO SWIM: 2KM

WARM UP

1x 700M
28X25M
MEDIUM SLOW LAPS



HINTS & TIPS

Last session for the week. This set is all about technique with plenty of aids to break up the session.

AFTER SET REST: 1 MINUTE

MAIN SET

4x 100M
16X25M
LAPS



HINTS & TIPS

A centre snorkel can also be used for this session if you wish

2x 25M
HARD
LAPS



HINTS & TIPS

Output needs to be 80% for this lap

REPEAT SET (TOTAL DISTANCE OF SET IS 1000M)

2x 50M
4X25M
LAPS



HINTS & TIPS

Use your kickboard as your pull buoy for this drill

First 50m with kickboard, second 50m with pull buoy

REPEAT SET (TOTAL DISTANCE OF SET IS 200M)

SWIM DOWN

1x 100M
4X25M
LAP



GEOFF SAYS




Congratulations! You are half way to achieving your swim fitness goal.

TOTAL DISTANCE SWUM: 2KM





WEEK 3: SESSION 1 *DISTANCE TO SWIM: 2.1KM*

I hope you've had a relaxing weekend as we're really stepping it up for week 3.

WARM UP

<p>1 x 200M 8X25M LAP</p>	 FREESTYLE AND BACKSTROKE	
<p>2 x 100M 50M BUTTERFLY 50M BACKSTROKE 50M BREASTSTROKE 50M FREESTYLE LAPS</p>	 	<p>HINTS & TIPS</p> <p>If you're a little rusty on butterfly and breaststroke, visit our technique videos for expert hints and tips</p>
<p>2 x 100M 16X25M LAPS</p>	 PADDLES & PULLBUOY	
<p>AFTER SET REST : 1MINUTE</p>		

DRILL SET

<p>2 x 25M 25M SCULL, 25M SWIM LAPS</p>	 FREESTYLE & CENTRE SNORKEL	<p>HINTS & TIPS</p> <p>Same as 'W02, S01 Drill Set' - the goal for this 50m is to scull for 25m and swim for 25m. To scull, hold your arms out and scull the water with your hands whilst kicking.</p>
<p>2 x 25M 25M RIGHT ARM ONLY 25M LEFT ARM ONLY LAPS</p>	 WITH FINNS & CENTRE SNORKEL	<p>HINTS & TIPS</p> <p>Same as 'W01, S01' - 25m of right arm only, left hand remaining out front then 25m left arm only, right hand remaining out front</p>
<p>2 x 25M 25M POLO 25M EASY LAPS</p>	 WITH FINNS & CENTRE SNORKEL	<p>HINTS & TIPS</p> <p>Polo is a drill whereby you hold your head out of the water whilst undertaking freestyle. It's what the water polo players do at the start of each half to take possession of the ball.</p>
<p>2 x 25M STROKE COUNT / TECHNIQUE LAPS</p>	 WITH FINNS & CENTRE SNORKEL	<p>HINTS & TIPS</p> <p>The focus here is your technique and counting your strokes over 50m</p>
<p>REPEAT SET (TOTAL DISTANCE OF SET IS 400M) AFTER SET REST : 1MINUTE</p>		

WEEK 3: SESSION 1 DISTANCE TO SWIM: 2.1KM

MAINSET

3 x 100M
12X25M
LAPS



HINTS & TIPS

Ensure you are holding your technique and are aware of your lap times. Maximum rest is 20 seconds after each 100 metres.

4 x 25M
12X25M
LAPS



HINTS & TIPS

These are easy swims

Stroke count of the first 50m of laps 2 & 3 should be the same as the last 50m of the previous lap.

REPEAT SET (TOTAL DISTANCE OF SET IS 800M)

AFTER SET REST : 1 MINUTE

SWIM DOWN

1 x 200M
8X25M
LAP



TOTAL DISTANCE SWUM : 2.1KM



WEEK 3: SESSION 2 DISTANCE TO SWIM: 2.3KM

I hope you've had a relaxing weekend as we're really stepping it up for week 3.



WARM UP

<p>1 x 150M 6X25M LAP 25M FACE DRILL 25M FREESTYLE 50M BACKSTROKE 50M FREESTYLE</p>	 WITH FINS	<p>HINTS & TIPS</p> <p>Face drill means arms by your side, head in neutral position in the water and kicking.</p>
<p>1 x 150M 6X25M LAP 25M SCULL 25M FREESTYLE 50M BACKSTROKE 50M FREESTYLE</p>	 WITH FINS	<p>HINTS & TIPS</p> <p>Remember to scull - hold your arms out and scull the water with your hands whilst kicking.</p>
<p>1 x 150M 6X25M LAP BUTTERFLY BACKSTROKE BREASTSTROKE</p>	 WITH FINS	
<p>1 x 150M 6X25M LAP FREESTYLE</p>	 WITH FINS	
<p>AFTER SET REST : 1MINUTE</p>		

MAIN PYRAMID SET

<p>16 x 25M 25M KICK & 25M SWIM LAPS</p>	 WITH CENTRE SNORKEL	<p>HINTS & TIPS</p> <p>Kicking with your hands by your side or out in front for 25m and freestyle for the last 25m.</p>
<p>SET 1 200M 8 X 25M SET 2 150M 6 X 25M SET 3 100M 4 X 25M SET 4 50M 2 X 25M</p>	 PADDLES & PULL BUOY	
<p>REPEAT SET (TOTAL DISTANCE OF SET IS 1400M) AFTER SET REST : 1MINUTE</p>		

SWIMDOWN

<p>1 x 200M 8X25M LAP</p>		<p> GEOFF SAYS</p> <p>If you made the set as it was written a MASSIVE congratulations to you, If you didn't make the set you need to ask yourself why? What can you do to make sure you can tackle this challenge the next time you're faced with it?</p> <p>Don't waste the opportunity you've got here today. You've committed yourself to coming to the pool, make the most of it while you're here.</p>
<p>TOTAL DISTANCE SWUM : 2.3KM</p>		

WEEK 3: SESSION 3 DISTANCE TO SWIM: 2.3KM

WARM UP

1x 400M
16x25M
LAPS



HINTS & TIPS

Last session of the week – let's make it count!

AFTER SET REST : 1 MINUTE

MAIN SET

2x 150M
12x25M
LAPS



HINTS & TIPS

1st 25m of each 50 scull, then 25m swim

2x 150M
12x25M
25M SCULL 25M SWIM
LAPS



AFTER SET REST : 1 MINUTE

3x 200M
24x25M
LAPS



HINTS & TIPS

For this drill you're descending your output and speed. (i.e. 3 minutes for first 200m, 2.50 for second 200m and 2.40 for third 200m). You may not be able to meet these times, but you get the idea!

AFTER SET REST : 1 MINUTE

4x 50M
8x25M
LAPS



HINTS & TIPS

50m Butterfly
50m Backstroke
50m Breaststroke
50m Freestyle

AFTER SET REST : 30 SECONDS

SWIMDOWN

1x 200M
8x25M
LAP



TOTAL DISTANCE SWUM : 2.3KM



GEOFF SAYS

Well done, you've only got 1 more week to go. Hopefully you've also been monitoring your food intake and feeling better for making the healthier choices too – you're now really starting to become Speedo Fit!

WEEK 4: SESSION 1 DISTANCE TO SWIM: 2.4KM

Last week! Ready to achieve your fitness goal?

WARM UP

1x 400M
16X25M
LAP



HINTS & TIPS

I hope you all had a good weekend and you're ready for the week ahead. Remember to remind yourself of your goal this week and what you are trying to achieve. We have a big warm up today to get you started!

AFTER SET REST : 30 SECONDS

3x 100M
12X25M
LAP



HINTS & TIPS

Within each 100m should be 25m of butterfly, 25m of backstroke, 25m of breaststroke and 25m of freestyle

AFTER SET REST : 30 SECONDS

1x 200M
8X25M
LAP



AFTER SET REST : 30 SECONDS

1x 100M
4X25M
LAP



AFTER SET REST : 15 SECONDS

MAIN SET

2x 150M
12 X 25M
LAPS



HINTS & TIPS

Maximum 15 seconds rest in between each 50.

Hold stroke count of last 50m for each 150m drill

4x 50M
8 X 25M
LAPS



HINTS & TIPS

Maximum 15 seconds rest in between each 50.

Hold the same stroke count as above

REPEAT SET (TOTAL DISTANCE OF SET IS 1000M)

AFTER SET REST : 1MINUTE

WEEK 4: SESSION 1 DISTANCE TO SWIM: 2.4KM

SWIMDOWN

2 x 200M
16 X 25M
LAPS



GEOFF SAYS

Another session down, let's make sure over the next day you get enough rest to tackle the next challenge that lies ahead.....

TOTAL DISTANCE SWUM : 2.4KM

WEEK 4: SESSION 2 DISTANCE TO SWIM: 2.5KM

WARM UP

1 x 1000M
40X25M
LAPS



HINTS & TIPS

OK. Today is the day. Today we swim 2.5km.

Every 3rd lap – backstroke, every 4th lap – a drill of your choice.

AFTER SET REST : 1MINUTE

MAIN SET

1 x 50M
25M FACE KICK
25M SWIM
LAP



HINTS & TIPS

Remember your face drill - arms by your side, head forward and kicking with your head in a neutral position.

2 x 25M
2X25M
LAPS
25M FACE KICK
25M SWIM



2 x 25M
LAPS



REPEAT SET (TOTAL DISTANCE OF SET IS 300M)

AFTER SET REST : 20 SECONDS

3 x 100M
4X25M
LAPS



2 x 300M
24X25M
LAPS



HINTS & TIPS

For this drill you're descending your output and speed. Really focus on your technique and stroke count!

AFTER SET REST : 1MINUTE

WEEK 4: SESSION 2

DISTANCE TO SWIM: 2.5KM

SWIMDOWN

1x 300M
12X25M
LAP



GEOFF SAYS

Congratulations! This is a great feat for anyone. Remember how you felt 4 weeks ago compared to what you have achieved today. Keep up the good work, the consistency and the technique!

TOTAL DISTANCE SWUM: 2.5KM

WEEK 4: SESSION 3 DISTANCE TO SWIM: 2.6KM

WARM UP

1x 500M
20X25M
LAPS
FREESTYLE OR
BACKSTROKE



WITH FINS

HINTS & TIPS

Why not go 2.6km for our last session?

AFTER SET REST : 1MINUTE

MAIN SET

5x 100M
20X25M (IM)
LAPS



HINTS & TIPS

Within each 100m should be 25m of butterfly, 25m of backstroke, 25m of breaststroke and 25m of freestyle

**200M,
150M,
100M, 50M**
LAPS



PADDLES & PULL BUOY

6x 50M
12X25M
LAPS



WITH KICKBOARD

HINTS & TIPS

10 seconds rest in between each 50m

1x 100M
4X25M
SLOW LAP



HINTS & TIPS

Swim easy with this one and recover

5x 100M
20X25M (IM)
LAPS



HINTS & TIPS

For the last time, focus on your technique!

AFTER SET REST : 1MINUTE

SWIMDOWN

1x 200M
8X25M
SLOW LAP



GEOFF SAYS

You are Speedo Fit!

TOTAL DISTANCE SWUM : 2.6KM

CONGRATULATIONS! ***YOU ARE SPEEDO FIT!***

You've just reached your goal of swimming 2.5km and are Speedo Fit. There is the last Speedo Fit programs however the main goal from here on in is to keep swimming and enjoying it.

speedo 