



TRACK CAT FITNESS

Super Fun Swim Session Sampler

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&
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www.trackcatfitness.com

Don't Forget to Bring Your Towel

Get out a buoy, a really old towel, and ankle band. Attach the towel to the band. You can use zip ties or just can tie it on. This session will build strength.

Warm Up

200 to 400 freestyle swim with fins easy :20 rest
100 to 200 kick on side alternating each 25 :20 rest
3 x 100 pull :15 rest (beginners skip this part)

Prep

4 x 50 build :20 rest
4 x 100 w/ 1st at 65% effort descending to 95% effort on the last :20 rest
Note times (Beginners do 50's rather than 100's)
Recover :30 before main set

Main Set

10 x 25 alternating fast & hard effort with excellent technique :20 rest
Repeat 2 to 4 times with 100 easy choice stroke or drill between each set.

Cool Down 100-300 as needed

Contact Kelly@trackcatfitness.com or Aaron@trackcatfitness.com for info on how we can help you take your swimming to the next level!



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Broken Mile = Unbreakable Athlete

Warm up

200 easy freestyle :20 rest
2 x 400 free build each 200 within the 400
5x 50 free(desc. 1-3 hold pace on 4-6):20 rest

Main Set 1

Broken Mile-

2 x 150 free :15 rest
3 x 125 free off :15 rest
4 x 100 free off :15 rest
5 x 75 free off :10 rest
4 x 50 free off :10 rest
Swim down- 2:00 easy

Kick Set

4 x 3:00 descend 1-4
Swim down 100 easy

Wrap Up Set

3 x 100 Race pace/100 easy :15 rest
8 x 50 :30 rest so make each effort count
100 cool down

Beginners reduce the mile as needed by doing just half, remove the kick set and wrap up set and shorted the 400's in the warm up as needed.



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Blue Steel

Endurance Session. This will be great for building your endurance in the water as well as your mind power and focus.

Warm up

200 swim free with fins :20 rest

100 kick alternating sides each 25 :20 rest

100 pull :20 rest

Prep

4x 25 fast with great form and :10 rest

200 pull

Main Set

800 steady/aerobic effort :20 rest

2x400 steady/aerobic effort :20 rest

4x100 steady/aerobic effort :1 rest

8x 50 :rest build each from moderate to hard effort

If you have not been swimming 4,000 yet remove the 800 in the main set and reduce # of reps for 400, 100 and/or 50s as needed. Track Cat Fitness can help you build up to this over time and/or review your technique with video analysis! Contact us!

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Bring Open Water to YOUR Pool

Warm Up: 300 with fins, 200 kick, 200 pull

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Drills: 8 x25 Tarzan :20 rest (swim with your head above water)

8x 25 closed eyes drill. :20 rest. (swim w/ eyes closed and try to swim straight! It takes practice)

8x50 sighting and turn around with out flipping or touching the walls. Practice sighting something such as a water bottle on deck. :15 rest

Prep Set: 4 x 50 build to hard with :15 rest

Main Set: If possible start floating on your stomach floating your feet. Do not push off the walls. This helps you adjust to OWS starts.

1 to 6 x 500 :30 rest Do the first 100 of each as a hard surge and then settle into a sustainable race pace with hard kicking in the last 50 of each set.

Cool Down: 100 to 300 choice nice and easy/mixed stroke

Select the number of 500's based on current fitness level

Contact us at www.trackcatfitness.com to find out how we can help you crush your open water swim races!

**Thank you for your interest in our swim
sessions!**

Let us know how these went for you.

kelly@trackcatfitness.com or aaron@trackcatfitness.com



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Fine Print: Not a full training plan. Consult with physician prior to embarking on these swim adventures. May cause swim fitness gains beyond your wildest dreams!