

## CAMP HILL SUMMER SESSIONS

### **Session 1:**

#### *Warm Up:*

200m FC, 100m Bs, 200m FC, 100m BrS, 200m FC

(800m)

#### *Set 1:*

|          |     |    |
|----------|-----|----|
| 4 x 25m  | 10r | FC |
| 3 x 50m  | 15r | FC |
| 2 x 100m | 20r | FC |
| 1 x 200m | 30r | FC |

#### 400m kick through IM

|          |     |    |
|----------|-----|----|
| 1 x 200m | 30r | FC |
| 2 x 100m | 20r | FC |
| 3 x 50m  | 15r | FC |
| 4 x 25m  | 10r | FC |

(2500m)

#### *Set 2:*

400m pull through the IM (4 lengths on each stroke)

(2900m)

#### *Set 3:*

8 x dive sprints on two strokes – timing yourself

(3100m)

#### *Swim Down:*

400m any

(3500m)

## **Session 2:**

### *Warm Up:*

200m FC, 100m FC kick, 200m FC, 100m BS kick, 200m FC, 100m BrS kick, 200m FC (no kick board)  
(1100m)

### *Set 1:*

4 x (5 x 100m)  
1 – 10 rest after 1<sup>st</sup> 25m  
2 – 10 rest after 50m  
3 – 10 rest after 75m  
4 – no rest

Off going times – 1.45, 2.00, 2.15, 2.30  
(3100m)

### *Set 2:*

3 x 50m IM – 10r  
2 x 100m IM – 20r  
1 x 200m IM  
(3650m)

### *Set 3:*

400m BS kick (no float)  
  
100m arms over head no float, 100m one arm out of water, other by side, 100m arms above head, 100m count leg kicks trying to do as many as possible.  
(4050m)

### *Set 4:*

400m BS arm pull  
  
100m single arm, 100m catch up, 100m brings arm back to exit and back to entry, 100m reducing pulls/length  
(4450m)

### *Set 5:*

4 x 25m FC every 30.  
(4550m)

### *Swim down:*

450m any  
(5000m)

### **Session 3**

#### *Warm Up:*

3 x (200m FC, 50m BF kick, 100m BS)

(1050m)

#### *Set 1:*

5 x (4 x 100m)

1. FC negative swim (2<sup>nd</sup> 50m faster than 1<sup>st</sup> 50m) 15r
2. 2. IM 15r
3. 3. FC off a time (1.30, 1.45, 2.00)
4. 4. IM 15r
5. 5. FC build up (slow to fast) 15r

(3050m)

#### *Set 2:*

400m FC Pull (with paddles if possible)

Breathing every 4, long strokes reduce to lowest possible/length

(3450m)

#### *Set 3:*

12 x 50m every 60

On 2<sup>nd</sup> stroke (not FC), thinking about turns and finishes

(4050m)

#### *Swim down:*

450m any

(4500m)

#### **Session 4:**

##### *Warm Up:*

4 x 100m FC every last length either BrS or BS

3 x 200m FC every last 50m either kick (no board) or pull

(1000m)

##### *Set 1:*

All FC full stroke

|          |            |      |      |      |
|----------|------------|------|------|------|
| 8 x 50m  | off either | 1.15 | 60   | 50   |
| 4 x 100m | off either | 2.00 | 1.45 | 1.30 |
| 2 x 200m | off either | 10r  | 3.30 | 3.00 |
| 1 x 400m |            |      |      |      |

(2600m)

##### *Set 2:*

5 x 100m BrS drill

(3100m)

##### *Set 3:*

6 x 100m IM

20r, odd numbers reverse

(3700m)

##### *Swim Down:*

300m any

(4000m)

## **Session 5:**

### *Warm Up:*

300m FC (Bi-lateral breathing), 100m kick  
300m FC (Bi-lateral breathing), 100m No LEGS  
300m FC – bilateral breathing  
(1100m)

### *Set1:*

800m FC

Every 3<sup>rd</sup> length breathing every 4 or 5  
Every 4<sup>th</sup> length different stroke of choice

(1900m)

### *Set 2:*

10 x 50m BF every 60 or 70

Breathing every 3 or 2:1

(2400m)

### *Set 3:*

400m kick through IM

(2900m)

### *Set 4:*

6 x 50m  
Stroke of choice

(3200m)

### *Swim down:*

300m any

(3500m)