



The Swim Academy  
**SAMPLE ADULT SQUAD PROGRAMS**  
**2020**

Stuartholme School | Ormiston College | Ithaca Creek State School | Oakleigh State School  
Everton Park State School | Enoggera School | Ashgrove State School | Mt Gravatt East Pool

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## Week 1

MONDAY	
200m	50 FREESTYLE, 50 CHOICE
2 x 100m	NEG SPLIT (50m easy – 50m moderate) PULL + PADS OPTIONAL
4 x 25m	1x on 30 / 1x on 25 / 1x on 20 / 1x on 15
100m	EASY
400m	FREESTYLE – on FASTEST POSSIBLE INTERVAL
8 x 50m	1x EASY / 1x HARD
100m	EASY CHOICE
300m	FREESTYLE – on FASTEST POSSIBLE INTERVAL
6 x 50m	1x EASY / 1x HARD
100m	EASY CHOICE
200m	FREESTYLE – on FASTEST POSSIBLE INTERVAL
4 x 50m	1x EASY / 1x HARD
100m	EASY CHOICE
100m	FREESTYLE – on FASTEST POSSIBLE INTERVAL
2 x 50m	1x Easy / 1x HARD
100m	EASY SWIM DOWN

<b>TUESDAY</b>	
<b>200m</b>	FREESTYLE
<b>200m</b>	FREESTYLE - 50 KICK, 50 SWIM (FINS)
<b>200m</b>	FREESTYLE – 50 PULL, 50 SWIM
<b>4 x 100m</b>	BUILD EACH 100 as: 50 FINS KICK, 25 DRILL, 25 SWIM
<b>4 x 50m</b>	FINS KICK – ALL OUT
<b>1 x 100m</b>	FREESTYLE on 1.30/1.45/2.00
<b>2 x 150m</b>	FREESTYLE on 2.15/2.35/2.55
<b>1 x 300m</b>	FREESTYLE on 3.45/4.15/4.40
<b>12 x 50m</b>	PADS ONLY – DESC 1-3 (steady-fast) x4
<b>16 x 25m</b>	FINS – FAST KICK
<b>4 x 150m</b>	PULL + PADS on 2.30/2.40 – FAST
<b>2 x 50m</b>	EASY CHOICE
<b>4 x 50m</b>	SWIM – ALL OUT
<b>2 x 50m</b>	EASY CHOICE
<b>4 x 50m</b>	SWIM – ALL OUT
<b>100m</b>	EASY SWIM DOWN

**WEDNESDAY**

<b>8 x 25m</b>	8x25m – CHOICE – NICE AND SMOOTH
<b>[2 x]</b>	
<b>600m/500m/400m</b>	SMOOTH AT A STEADY PACE – BREATHING 2-3-4-5-6-7 BY 50's
<b>2 x 200m</b>	DESC 1-2 (steady-fast)
<b>3 x 100m</b>	DESC 1-3 (steady-fast) – START #1 AT FASTER THAN PACE FOR THE SECOND 200m
<b>1 x 100m</b>	ALL OUT
<b>CHOICE</b>	SWIM DOWN

**THURSDAY**

<b>200m</b>	75 SWIM, 25 FINS KICK
<b>2 x 100m</b>	25 FINS KICK, 50 SWIM, 25 FINS KICK
<b>2 x 50m</b>	DESC 1-2 (steady-fast)
<b>8 x 25m</b>	on 30 alt: 1x FAST START / 1x FAST FINISH
<b>[2 x]</b>	
<b>250m</b>	MODERATE on 4.20
<b>150m</b>	FAST on 3.00
<b>2 x 50m</b>	MAX on 60
<b>100m</b>	EASY CHOICE
<b>200m</b>	MODERATE ON 3.30
<b>100m</b>	FAST on 2.00
<b>2 x 50m</b>	MAX on 60
<b>100m</b>	EASY CHOICE

FRIDAY	
200m	FREESTYLE/FORM MIX
4 x 50m	FINS KICK – BUILD TO MAX
8 x 25m	#1-4= CLENCHED FISTS DRILL / #5-8= DESC 1-4 (steady-fast)
200m	BUILD 100m + FAST 100m (IM)
8 x 50m	1x BUILD + 1x FAST (2x each stroke)
200m	BUILD 100m + FAST 100m (IM)
6 x 50m	1x BUILD + 4x NEG SPLIT + 1x FAST (1x butterfly / 2x backstroke / 2x breaststroke / 1x freestyle)
200m	BUILD 100m + FAST 100m (IM)
6 x 50m	2x BUILD + 2x FAST + 2x MAX (2x butterfly / 1x backstroke / 1x breaststroke / 2x freestyle)
100m	EASY CHOICE
300m	CHOICE OF STROKE as: 50 DISTANCE PER STROKE, 50 DRILL
8 x 25m	FINS – DESC 1-8 (steady-fast)
100m	EASY CHOICE