

****Session 1: Freestyle Technique & Endurance****

- ****Warm-up****:
 - 200m freestyle easy
 - 4 x 50m drill (Catch-up, Finger drag, Fist, Zipper)
 - 4 x 50m kick with board
- ****Main Set****:
 - 3 x 200m freestyle (negative split)
 - 4 x 100m freestyle pull with paddles
 - 2 x 50m sprint freestyle
- ****Swim-down****:
 - 200m easy choice
- ****Total: 1900m****

****Session 2: IM (Individual Medley) Workout****

- ****Warm-up****:
 - 100m freestyle
 - 100m backstroke
 - 100m breaststroke
 - 100m kick (choice)
- ****Main Set****:
 - 2 x 200m IM (moderate pace)
 - 4 x 50m stroke drill (one for each stroke)
 - 4 x 100m IM (descending effort)
- ****Swim-down****:
 - 200m freestyle easy
- ****Total: 1800m****

****Session 3: Sprint & Power Workout****

- ****Warm-up****:
 - 4 x 100m freestyle
 - 4 x 50m kick (25 sprint, 25 easy)
- ****Main Set****:
 - 6 x 50m sprint (choice stroke, 20 sec rest)
 - 3 x 100m freestyle moderate effort
 - 2 x 200m pull with paddles
- ****Swim-down****:
 - 200m easy choice
- ****Total: 1900m****

Session 4: Endurance Long Distance

- **Warm-up**:
 - 300m freestyle
 - 4 x 50m kick
- **Main Set**:
 - 1 x 800m freestyle (steady pace)
 - 4 x 100m freestyle (negative split)
 - 4 x 50m fast
- **Swim-down**:
 - 200m easy
- **Total: 2000m**

Session 5: Butterfly & Breaststroke

- **Warm-up**:
 - 4 x 50m freestyle
 - 4 x 50m kick (butterfly + breaststroke)
- **Main Set**:
 - 4 x 50m butterfly drill
 - 2 x 100m butterfly moderate
 - 4 x 100m breaststroke (build speed each 25m)
 - 4 x 50m sprint butterfly/breaststroke
- **Swim-down**:
 - 200m easy freestyle
- **Total: 1800m**

Session 6: Mixed Stroke Drills

- **Warm-up**:
 - 200m freestyle
 - 4 x 50m kick (choice)
- **Main Set**:
 - 4 x 50m backstroke drill
 - 4 x 50m breaststroke drill
 - 4 x 50m freestyle drill
 - 2 x 200m IM moderate
 - 4 x 50m sprint (one for each stroke)
- **Swim-down**:
 - 200m choice
- **Total: 1900m**

Session 7: Power & Resistance

- **Warm-up**:
 - 300m freestyle
 - 4 x 50m drills
- **Main Set**:
 - 6 x 50m resistance (band or paddles)
 - 4 x 100m pull (buoy + paddles)
 - 3 x 200m freestyle moderate
 - 4 x 50m sprint freestyle
- **Swim-down**:
 - 200m easy
- **Total: 2000m**

Session 8: Speed & Anaerobic Training

- **Warm-up**:
 - 200m freestyle
 - 4 x 50m kick
- **Main Set**:
 - 8 x 25m sprint (all-out effort)
 - 4 x 100m recovery freestyle
 - 4 x 50m sprint with 30 sec rest
 - 2 x 200m moderate freestyle
- **Swim-down**:
 - 200m easy choice
- **Total: 1800m**

Session 9: Backstroke & Breaststroke Focus

- **Warm-up**:
 - 4 x 100m (50 back, 50 breast)
 - 4 x 50m kick
- **Main Set**:
 - 6 x 50m backstroke drill
 - 6 x 50m breaststroke drill
 - 4 x 100m backstroke (descending effort)
 - 2 x 200m breaststroke
- **Swim-down**:
 - 200m easy choice
- **Total: 1900m**