

# SWIMMING - INTERMEDIATE



Written by Paul Bruce



Department of  
Sport and Recreation

SURF LIFE SAVING  
**WESTERN AUSTRALIA**



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM	200 Easy Swim  Main: 100 Finz 4 x 50 20s Rest 200 Finz 4 x 50 20s Rest 300 Finz 4 x 50 20s Rest 400 Finz 4 x 50 20s Rest  200 Easy Swim		200 Easy Swim 100 Kick 4 x 50 Finz Drill 100 Kick  Main: 12 x 100 20s Rest 2 Easy/1 Fast  200 Easy Swim		200 Easy Swim  Main: 400 Pull 2 x 50 40s Rest 300 Pull 4 x 50 30s Rest 200 Pull 6 x 50 20s Rest 100 Pull 8 x 50 10s Rest  200 Easy Swim
	2200m		2000m		2400m
PM		200 Easy Swim 100 Pull 2 x 50 Explode!  Main: 6 x (150 20s Rest 50 Fast 60s Rest  200 Easy Swim 100 Kick 2 x 50 Finz Explode		200 Easy Swim 100 Kick 2 x 50 Explode!  Main: 4 x (100 Pull 2 x 50 Kick 100 Pull 2 x 50 Fast  200 Easy Swim	
		2000m		2200m	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM	200 Easy Swim 100 Pull 2 x 50 Explode!  Main: 6 x (200 20s Rest 50 Fast 60s Rest  200 Easy Swim 100 Kick 2 x 50 Finz Explode		200 Easy Swim 100 Kick 2 x 50 Explode!  Main: 5 x (100 Pull (2 x 50 Kick (100 Pull (2 x 50 Fast  200 Easy Swim		200 Easy Swim  Main: 100 Finz 4 x 50 20s Rest 200 Finz 4 x 50 15s Rest 300 Finz 4 x 50 20s Rest 400 Finz 4 x 50 15s Rest  200 Easy Swim
	2300m		2600m		2200m
PM		200 Easy Swim 100 Kick 4 x 50 Finz Drill 100 Kick  Main: 12 x 100 20s Rest 2 Easy/2 Fast  200 Easy Swim		200 Easy Swim  Main: 400 Pull 2 x 50 50s Rest 300 Pull 4 x 50 40s Rest 200 Pull 6 x 50 30s Rest 100 Pull 8 x 50 20s Rest  200 Easy Swim	
		2000m		2400m	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM	200 Easy Swim 100 Kick 4 x 50 Finz Drill 100 Kick  Main: 12 x 100 20s Rest 1 Easy/2 Fast  200 Easy Swim		200 Easy Swim  Main: 400 Pull 2 x 50 60s Rest 300 Pull 4 x 50 50s Rest 200 Pull 6 x 50 40s Rest 100 Pull 8 x 50 30s Rest  200 Easy Swim		200 Easy Swim 100 Pull 2 x 50 Explode!  Main: 6 x (250 20s Rest (50 Fast 60s Rest  200 Easy Swim 100 Kick 2 x 50 Finz Explode
	2000m		2400m		2600m
PM		200 Easy Swim 100 Kick 2 x 50 Explode!  Main: 4 x (100 Pull (4 x 50 Kick (100 Pull (4 x 50 Fast  200 Easy Swim		200 Easy Swim  Main: 100 Finz 4 x 50 20s Rest 200 Finz 4 x 50 15s Rest 300 Finz 4 x 50 10s Rest 400 Finz 4 x 50 20s Rest  200 Easy Swim	
		3000m		2200m	



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM	200 Easy Swim 100 Kick 2 x 50 Explode!  Main: 4 x (100 Pull (2 x 50 Kick (100 Pull (2 x 50 Fast 200 Easy Swim		200 Easy Swim  Main: 100 Finz 4 x 50 20s Rest 200 Finz 4 x 50 15s Rest 300 Finz 4 x 50 10s Rest 400 Finz 4 x 50 5s Rest  200 Easy Swim		200 Easy Swim 100 Kick 4 x 50 Finz Drill 100 Kick  Main: 12 x 100 20s Rest 1 Easy/3 Fast  200 Easy Swim
	2200m		2200m		2000m
PM		200 Easy Swim  Main: 400 Pull 2 x 50 40s Rest 300 Pull 4 x 50 30s Rest 200 Pull 6 x 50 20s Rest 100 Pull 8 x 50 10s Rest  200 Easy Swim		200 Easy Swim 100 Pull 2 x 50 Explode!  Main: 6 x (150 20s Rest (50 Fast 60s Rest  200 Easy Swim 100 Kick 2 x 50 Finz Explode	
		2400m		2000m	

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
AM	200 Easy Swim  Main: 400 Pull 2 x 50 50s Rest 300 Pull 4 x 50 40s Rest 200 Pull 6 x 50 30s Rest 100 Pull 8 x 50 20s Rest  200 Easy Swim		200 Easy Swim 100 Pull 2 x 50 Explode!  Main: 6 x (200 20s Rest (50 Fast 60s Rest  200 Easy Swim 100 Kick 2 x 50 Finz Explode		200 Easy Swim 100 Kick 2 x 50 Explode!  Main: 3 x (100 Pull (6 x 50 Kick (100 Pull (6 x 50 Fast  200 Easy Swim
	2400m		2300m		3000m
PM		200 Easy Swim  Main: 100 Finz 4 x 50 10s Rest 200 Finz 4 x 50 10s Rest 300 Finz 4 x 50 10s Rest 400 Finz 4 x 50 10s Rest  200 Easy Swim		200 Easy Swim 100 Kick 4 x 50 Finz Drill 100 Kick  Main: 15 x 100 20s Rest 2 Easy/1 Fast  200 Easy Swim	
		2200m		2300m	

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
AM	200 Easy Swim  Main: 100 Finz 6 x 50 20s Rest 200 Finz 6 x 50 20s Rest 300 Finz 6 x 50 20s Rest 400 Finz 6 x 50 20s Rest  200 Easy Swim		200 Easy Swim 100 Kick 4 x 50 Finz Drill 100 Kick  Main: 16 x 100 20s Rest 2 Easy/2 Fast  200 Easy Swim		200 Easy Swim  Main: 400 Pull 2 x 50 60s Rest 300 Pull 4 x 50 50s Rest 200 Pull 6 x 50 40s Rest 100 Pull 8 x 50 30s Rest  200 Easy Swim
	2600m		2400m		2400m
PM		200 Easy Swim 100 Pull 2 x 50 Explode!  Main: 6 x (250 20s Rest 50 Fast 60s Rest  200 Easy Swim 100 Kick 2 x 50 Finz Explode		200 Easy Swim 100 Kick 2 x 50 Explode!  Main: 4 x (100 Pull 2 x 50 Kick 100 Pull 2 x 50 Fast  200 Easy Swim	
		2600m		2200m	

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
AM	200 Easy Swim 100 Pull 2 x 50 Explode!  Main: 6 x (150 20s Rest 50 Fast 60s Rest  200 Easy Swim 100 Kick 2 x 50 Finz Explode		200 Easy Swim 100 Kick 2 x 50 Explode!  Main: 5 x (100 Pull (2 x 50 Kick 100 Pull (2 x 50 Fast  200 Easy Swim		200 Easy Swim  Main: 100 Finz 6 x 50 20s Rest 200 Finz 6 x 50 15s Rest 300 Finz 6 x 50 20s Rest 400 Finz 6 x 50 15s Rest  200 Easy Swim
	2000m		2600m		2600m
PM		200 Easy Swim 100 Kick 4 x 50 Finz Drill 100 Kick  Main: 15 x 100 20s Rest 1 Easy/2 Fast  200 Easy Swim		200 Easy Swim  Main: 400 Pull 2 x 50 40s Rest 300 Pull 4 x 50 30s Rest 200 Pull 6 x 50 20s Rest 100 Pull 8 x 50 10s Rest  200 Easy Swim	
		2300m		2400m	



Week 8	Monday	Tuesday	Wednesday	Thursday	Friday
AM	200 Easy Swim 100 Kick 4 x 50 Finz Drill 100 Kick  Main: 16 x 100 20s Rest 1 Easy/3 Fast  200 Easy Swim		200 Easy Swim  Main: 400 Pull 2 x 50 50s Rest 300 Pull 4 x 50 40s Rest 200 Pull 6 x 50 30s Rest 100 Pull 8 x 50 20s Rest  200 Easy Swim		200 Easy Swim 100 Pull 2 x 50 Explode!  Main: 6 x (200 20s Rest (50 Fast 60s Rest  200 Easy Swim 100 Kick 2 x 50 Finz Explode
	2400m		2400m		2300m
PM		200 Easy Swim 100 Kick 2 x 50 Explode!  Main: 4 x (100 Pull (4 x 50 Kick (100 Pull (4 x 50 Fast  200 Easy Swim		200 Easy Swim  Main: 100 Finz 6 x 50 20s Rest 200 Finz 6 x 50 15s Rest 300 Finz 6 x 50 10s Rest 400 Finz 6 x 50 20s Rest  200 Easy Swim	
		3000m		2600m	

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday
AM	200 Easy Swim 100 Kick 2 x 50 Explode!  Main: 3 x (100 Pull (6 x 50 Kick (100 Pull (6 x 50 Fast 200 Easy Swim		200 Easy Swim  Main: 100 Finz 6 x 50 20s Rest 200 Finz 6 x 50 15s Rest 300 Finz 6 x 50 10s Rest 400 Finz 6 x 50 5s Rest  200 Easy Swim		200 Easy Swim 100 Kick 4 x 50 Finz Drill 100 Kick  Main: 18 x 100 20s Rest 2 Easy/1 Fast  200 Easy Swim
	3000m		2600m		2600m
PM		200 Easy Swim  Main: 400 Pull 2 x 50 60s Rest 300 Pull 4 x 50 50s Rest 200 Pull 6 x 50 40s Rest 100 Pull 8 x 50 30s Rest  200 Easy Swim		200 Easy Swim 100 Pull 2 x 50 Explode!  Main: 6 x (250 20s Rest (50 Fast 60s Rest  200 Easy Swim 100 Kick 2 x 50 Finz Explode	
		2400m		2600m	

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday
AM	200 Easy Swim  Main: 400 Pull 2 x 50 20s Rest 300 Pull 2 x 50 20s Rest 200 Pull 2 x 50 20s Rest 100 Pull 2 x 50 20s Rest  200 Easy Swim		200 Easy Swim 100 Pull 2 x 50 Explode!  Main: 6 x (150 20s Rest (50 Fast 60s Rest  200 Easy Swim 100 Kick 2 x 50 Finz Explode		200 Easy Swim 100 Kick 2 x 50 Explode!  Main: 4 x (100 Pull (2 x 50 Kick (100 Pull (2 x 50 Fast  200 Easy Swim
	1800m		2000m		2200m
PM		200 Easy Swim  Main: 100 Finz 8 x 50 10s Rest 200 Finz 6 x 50 20s Rest 300 Finz 4 x 50 30s Rest 400 Finz 2 x 50 40s Rest  200 Easy Swim		200 Easy Swim 100 Kick 4 x 50 Finz Drill 100 Kick  Main: 12 x 100 20s Rest 3 Easy/1 Fast  200 Easy Swim	
		2400m		2000m	