



10 SESSION PLAN

SPEED

EDITION



LSE PERFORMANCE



INTRODUCTION

Welcome to the **LSE 10 Session Plan Bundle: Speed Edition**, a dynamic compilation tailored to propel your swimming performance to new levels of speed and agility. Whether you're a competitive swimmer or simply eager to unlock your fastest potential in the water, these session plans are your ticket to a swifter and more powerful swim.

Focused on short distances, high-intensity bursts, and minimal rest intervals, each session is strategically designed to ignite your speed and elevate your overall swim velocity. Perfect for those looking to shave seconds off their lap times, this edition is your go-to resource for accelerating your swimming prowess.

Get ready to surge through the water with precision and speed as you embark on a series of exhilarating workouts crafted to make you faster, stronger, and more confident in every stroke.



KEY TERMS

PROGRESSING

Get faster by each stated amount of meters

SCULLING

Hands extended, body flat on the surface drawing figure '8s'

DPS

"Distance Per Stroke" meaning you want to extend each stroke as much as possible.

CHOICE

Your choice of swim, kick or pull, any stroke.

DRILL

An exercise which works on a specific part of your stroke. (Drills available @lseperformance on Instagram)

BUILD

Start off nice and easy, build up to the end of the length finishing fast.

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Go time.

U/W

Underwater dolphin kicks.

SESSION PLAN 1

2000M

WARM - UP

800 as 200 frontcrawl swim 100 backstroke kick 100
choice X2

MAIN SET

4x25 choice stroke swim MAX

50 steady choice

8x25 choice stroke swim MAX

50 steady choice

16x25 choice stroke swim MAX

SWIM DOWN

400 frontcrawl pull with pullbuoy and paddles



SESSION PLAN 2

1900M

WARM - UP

3x100 as 1 frontcrawl swim
1 backstroke kick with fins
1 frontcrawl pull with pullbuoy and paddles
8x50 as 4 frontcrawl swim 15m MAX 35m steady
4 frontcrawl swim 35m steady 15m MAX

MAIN SET

16x25 frontcrawl swim with fins MAX
50 steady choice
16x25 frontcrawl swim MAX
50 steady choice
2x50 frontcrawl swim MAX

SWIM DOWN

200 backstroke with fins, 100
swim 100 kick.



SESSION PLAN 3

1700M

WARM - UP

3x200 as 1 frontcrawl swim
1 frontcrawl pull
1 frontcrawl kick with fins

MAIN SET

24x25 as 6 frontcrawl swim MAX
6 frontcrawl kick MAX
6 frontcrawl pull MAX
6 frontcrawl kick MAX
1 minute rest between each 6

SWIM DOWN

5x100 as 1 backstroke swim steady
1 frontcrawl swim DPS focus
1 backstroke kick with fins
1 frontcrawl swim DPS focus

1 choice



SESSION PLAN 4

1750M

WARM - UP

400 as 200 frontcrawl swim 100 backstroke swim 100 choice kick

12×25 as 4 choice kick progress 1-4

4 choice drill with fins

4 choice of stroke swim progress 1-4

MAIN SET

10×25 frontcrawl swim FAST

50 steady choice

10×25 frontcrawl kick with fins FAST

50 steady choice

10×25 choice of stroke swim FAST

SWIM DOWN

4×50 as 1 choice stroke pull with paddles and pullbuoy
1 choice of kick with fins



SESSION PLAN 5

1 8 5 0 M

WARM - UP

2x300 as 1 100 frontcrawl swim 50 backstroke kick X2
1 100 backstroke swim 50 frontcrawl kick X2
8x25 as 1 choice of drill
1 build to fast finish

MAIN SET

2x50 frontcrawl swim MAX
100 backstroke kick with fins steady
3x50 frontcrawl swim MAX
100 backstroke kick with fins steady
4x50 frontcrawl swim MAX
200 backstroke swim with fins steady

SWIM DOWN

300 as 100 backstroke swim 50 choice of drill X2



SESSION PLAN 6

2000M

WARM - UP

6x100 as 1 frontcrawl swim
1 backstroke swim
1 choice stroke pull
4x50 as 1 choice of stroke and drill
1 frontcrawl swim build to fast finish

MAIN SET

50 frontcrawl swim MAX
6x25 frontcrawl kick MAX with fins
2x50 frontcrawl swim MAX
4x25 frontcrawl kick MAX with fins
50 frontcrawl swim MAX

SWIM DOWN

4x75 as 25 kick 25 drill 25 swim
choice of stroke



SESSION PLAN 7

2100M

WARM - UP

400 as 100 frontcrawl 100 choice X2

6x50 as 1 build to a fast finish

1 choice of drill

MAIN SET

8x25 frontcrawl MAX swim.

50 choice steady

8x25 frontcrawl MAX swim with fins

X2

50 choice steady

100 frontcrawl MAX swim.

SWIM DOWN

200 backstroke swim with fins, 4u/w
kicks



SESSION PLAN 8

1700M

WARM - UP

300 as 75 frontcrawl swim 25 backstroke kick X3
4×75 as 25 drill 25 swim 25 build choice of stroke

MAIN SET

12×25 as 3 frontcrawl swim MAX
1 choice steady

12×25 as 5 frontcrawl swim MAX
1 choice steady

12×25 frontcrawl swim MAX EFFORT

SWIM DOWN

4×50 choice pull with pullbuoy and
paddles



SESSION PLAN 9

1800M

WARM - UP

3x200 as 1 frontcrawl swim **DPS** focus
1 backstroke kick with fins
1 frontcrawl pull with pullbuoy and paddles

MAIN SET

28x25 as frontcrawl swim as 1 MAX 1 steady.
2 MAX 1 steady
3 MAX 1 steady
4 MAX 1 steady
Repeat Twice.

SWIM DOWN

10x50 as 5 frontcrawl pull with paddles and pullbuoy
5 backstroke kick with fins



SESSION PLAN 10

2000M

WARM - UP

400 as 50 frontcrawl swim 50 backstroke kick
8×25 as 1 FAST choice of kick
1 drill choice of stroke

MAIN SET

100 frontcrawl kick with fins MAX.
4×25 frontcrawl swim FAST
2×50 frontcrawl kick with fins MAX.
6×25 frontcrawl swim FAST
100 steady backstroke kick with fins.

SWIM DOWN

200 as 50 choice swim 50 choice kick X2



