



10 SESSION PLAN **PERFORMANCE** **EDITION**



LSE PERFORMANCE



INTRODUCTION

Welcome to the **LSE 10 Session Plan Bundle: Performance Edition**, a dynamic compilation designed for seasoned swimmers ready to take their aquatic prowess to unprecedented heights. Crafted with the experienced athlete in mind, these session plans are more than just workouts – they are a blueprint for serious elevation in your swimming performance.

Tailored to challenge and refine the skills of the adept swimmer, each session is strategically designed to push boundaries, enhance speed, and maximize efficiency in the water. Whether you're training for competitions or simply aiming to reach peak performance, this edition is your go-to resource for unlocking the full potential of your swimming abilities.

Dive into a series of meticulously planned sessions that promise not only to test your limits but also to elevate your swimming game to new dimensions. Get ready to redefine what's possible and set a new standard for performance in the water.



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.

SESSION PLAN 1

5 3 0 0 M

WARM - UP

800 as 200 frontcrawl 100 backstroke 100 IM X2
6x100 as frontcrawl swim PB+ 12 @2 mins

MAIN SET

2x400 as 1 frontcrawl pull with pullbuoy and paddles
1 frontcrawl swim no equipment progress 1-4 by 100.
4x300 as 1 frontcrawl swim with fins breathing every 5
strokes
1 backstroke swim with fins 7 underwater kick off each
wall X2
16x100 as frontcrawl swim PB +10 @1.45

SWIM DOWN

300 as 75 choice swim 25 scull



SESSION PLAN 2

4100M

WARM - UP

3×300 as 1 75 frontcrawl swim 25 frontcrawl kick X3
1 75 backstroke swim 25 backstroke kick X3
1 75 breaststroke swim 25 breaststroke kick X3
200 IM as 25 kick 25 swim

MAIN SET

6x100 IM swim @2 minutes
100 steady choice
8x100 IM swim @1.55
100 steady choice
10×100 IM swim @1.50

SWIM DOWN

400 as 75 choice swim 25 choice kick
X4



SESSION PLAN 3

2 9 5 0 M

WARM - UP

1000 as 200 frontcrawl 200 backstroke 100 choice X2
4x50 as 1 build to fast finish
1 choice drill

MAIN SET

10x25 choice stroke aiming 1/4 of your 100m PB @35
200 choice steady
10x25 choice stroke aiming 1/4 of your 100m PB @35
200 choice steady
10x25 choice stroke aiming 1/4 of your 100m PB @35

SWIM DOWN

6x100 as 50 choice swim 50 streamline
backstroke kick



SESSION PLAN 4

5 0 0 0 M

WARM - UP

3×400 as 1 frontcrawl swim
1 backstroke to IM by each 100
1 breaststroke to choice by each 100

MAIN SET

2x200 frontcrawl swim negative split
20x100 as frontcrawl swim aiming 1/2 200 PB + 3
2×200 backstroke kick with fins
12×50 as 1 kick
1 drill
1 swim

SWIM DOWN

400 as 75 backstroke swim 25
scull



SESSION PLAN 5

4 0 0 0 M

WARM - UP

600 as 200 frontcrawl swim 100 IM kick X2
8x25 as 1 drill 1 swim on each stroke IM order

MAIN SET

4x200 IM swim strong pace 70-80%

4x50 kick IM order

3x200 IM swim strong pace 70-80%

6x50 kick IM order

4x200 IM swim strong pace 70-80%

4x50 kick IM order

SWIM DOWN

300 as choice pull with pullbuoy and
paddles



SESSION PLAN 6

5700M

WARM - UP

12×100 frontcrawl swim as 4 @1.40

4 @1.35

4 @1.30

4 @1.25

MAIN SET

400 frontcrawl swim progress 1-4 by each 100

7×200 frontcrawl swim threshold 80-90%

100 choice steady

400 frontcrawl swim progress 1-4 by each 100 with
fins

7×200 frontcrawl swim threshold 80-90% with fins

SWIM DOWN

4x200 as 25 scull 25 choice kick X4



SESSION PLAN 7

2900M

WARM - UP

4x200 as 1 frontcrawl swim
1 IM as 25 kick 25 swim on each stroke
8x25 as underwater dolphin kick with fins

MAIN SET

8x25 choice stroke aiming for 1/4 of your 100m PB @35
50 choice steady
16x25 choice stroke aiming for 1/4 of your 100m PB @35
50 choice steady
24x25 choice stroke aiming for 1/4 of your 100m PB @35

SWIM DOWN

3x200 as 100 backstroke swim 100
backstroke kick



SESSION PLAN 8

5 3 0 0 M

WARM - UP

600 as 200 frontcrawl 100 choice X2
3x200 frontcrawl swim negative split with fins and
paddles

MAIN SET

5x200 frontcrawl swim threshold 80-90%
100 backstroke swim
5x200 frontcrawl swim threshold 80-90% with fins
100 backstroke swim
5x200 frontcrawl swim threshold 80-90% with fins
and paddles

SWIM DOWN

2x300 as 75 backstroke swim 25 scull



SESSION PLAN 9

5 3 0 0 M

WARM - UP

800 as 200 frontcrawl swim 100 backstroke kick 100
IM X2
8x50 frontcrawl kick with fins progress 1-4 with X2

MAIN SET

3x300 frontcrawl pull with pullbuoy and paddles
3x200 frontcrawl swim no equipment progress 1-4 each
50.
3x100 frontcrawl swim MAX
3x200 frontcrawl swim no equipment progress 1-4 each
50.
3x300 frontcrawl pull with pullbuoy and paddles

SWIM DOWN

4x200 as 25 backstroke swim 25 backstroke kick



SESSION PLAN 10

2800M

WARM - UP

400 as 100 frontcrawl swim 100 backstroke swim X2
4x50 as 1 build to fast finish
1 choice of drill

MAIN SET

24x25 as 12 frontcrawl swim MAX with fins
12 frontcrawl kick MAX
8x75 as 50 choice of drill 25 MAX swim
24x25 frontcrawl swim MAX @35

SWIM DOWN

2x200 as 25 scull 75 choice steady



