

# SCHEMA 2: START TO SWIM



## Doelstellingen schema 2 (10 weken):

1. Zwem 1000 m zonder stoppen !
2. Behaal je trimbrevet van 10000 meter !

	Training 1		Training 2		Training 3		Weektotaal	
WEEK 1	4x25m + 50m + 4x25m	250	25m + 3x50m + 25m	200	8x25m + 50m	250	700	
WEEK 2	50m + 2x75m + 4x25m	300	100m + 2x50m + 4x25m	300	6x50m	300	900	
WEEK 3	8x50m	400	200m + 8x25m	400	4x25m + 4x50m + 4x25m	400	1200	
WEEK 4	100m + 4x25m + 100m	300	6x50m	300	12x25m	300	900	Recuperatieweek
WEEK 5	200m + 4x25m + 2x50m	400	8x50m	400	16x25m	400	1200	
WEEK 6	6x25m + 2x100m + 4x50m	550	350m + 2x100m	550	10x50m	500	1600	
WEEK 7	5 x 100m + 3 x 50m	650	450m + 3x50m	600	2x300m + 4x25m	700	1950	
WEEK 8	3x200m	600	13x50m	650	500m + 8x25m	700	1950	Recuperatieweek
WEEK 9	200m + 2x100m + 4x50m + 10x25m	850	3x300m	900	700m + 3x50m	850	2600	
WEEK 10	20x50m	1000	2x500m	1000	1000m	1000	3000	
							<b>16000 m</b>	<b>gezwommen</b>

## RUSTTIJDEN

25m = 10"rust  
 50m = 20"rust  
 100m = 30"rust  
 200m = 45"rust  
 300m = 1'00"rust  
 400m = 1'30"rust  
 500m = 2'00"rust  
 600m = 2'30" rust  
 700 m = 3'00" rust

## Deelnemers hebben 3 mogelijkheden:

- in 10 weken - 3x per week (zoals schema)
- in 10 weken - 2x per week (2 van de trainingen kiezen per week)
- in 15 weken --> 2x per week (doorschuiven van trainingen uit bovenstaand schema op 15 weken)