

My Swim Coach

TRAIN BETTER. SWIM FASTER.

3 DOLPHIN

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GLOSSARY

Bf	Butterfly	Change-Md	Changing medley	Cr-slap	Crawl-slap
Br	Backstroke	Md-order	Medley order	Mini-Md	Mini medley
Br	Breaststroke	Cr-fist	Crawl fist	Bk-Br-Bf	Back-Breast-Fly
Cr	Crawl	Cr-open hand	Crawl open hand	Steady swimming	Steady
Lt	Left	Bf-dive	Butterfly dive	Max	Maximum
Rt	Right	Dog-pad	Doggie paddle	Mod	Moderate
Md	Medley	Polo-Cr.	Water polo crawl	Par-move	Partial movement
Bf-slap	Butterfly-slap	OM	Overall / normal stroke movement	Tech train	Technical training
Br-Uw	Breaststroke-underwater strokes	Ile de Fonso / Combo-Br	Combination breaststroke	Stabil	Torso stabilization exercise

FULL GLOSSARY: Detailed explanations can be found in our swim training glossary at my-swimcoach.com

NOTE: The use of My Swim Coach training plans is at your own risk. We do assume no liability for direct or indirect damages that occur because of or are linked to information that is available related to My Swim Coach.

DOLPHIN

W O R K O U T 1 F O R W E E K 1

3 2 W E E K S U N T I L C O M P E T I T I O N

B A S I C E N D U R A N C E T R A I N I N G W I T H S H O R T S P R I N T S (6 T A S K S)

	D i s t a n c e		D e s c r i p t i o n	T e m p o	B r e a k a f t e r R e p e t i t i o n	B r e a k a f t e r S e r i e s	T o t a l
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	4 x	250m	25 Bf + 50 Bk + 75 Br + 100 Cr	05:58	00:15	00:20	1000m
3	6 x	50m	Cr with Paddles (4 lt-arm + 4 rt-arm + rest OM)	00:51	00:10	00:20	300m
4	2 x	100m	Cr-kicks	03:36	00:15	00:20	200m
5	4 x	100m	75 Cr (moderate speed) + 5s break + 25 Cr (max speed)	01:46	00:20	00:20	400m
6	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							2500m

DOLPHIN

WORKOUT 2 FOR WEEK 1

32 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON FLOATING AND ROLLING (14 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	50 Cr + 50 Bk alternating	08:54	00:00	00:20	400m
2	1 x	100m	25 Cr (rt-arm) + 25 Cr (lt-arm) + 50 Cr Information: passive arm lies aside the body, breath to the passive side	02:10	00:00	00:10	100m
3	1 x	100m	Cr (roll along the roll axis towards side position)	01:57	00:00	00:10	100m
4	1 x	100m	25 Cr (rt-arm) + 25 Cr (lt-arm) + 50 Cr Information: Passive arm lays alongside the body, breath towards the active side	02:10	00:00	00:10	100m
5	1 x	100m	Cr (roll along the roll axis towards side position)	01:57	00:00	00:10	100m
6	1 x	100m	25 Cr (rt arm) + 25 Cr (lt arm) + 50 Cr OM Information: passive arm lies aside the body, breath to the passive side)	02:10	00:00	00:10	100m
7	1 x	100m	Cr (roll along the roll axis towards side position)	01:57	00:00	00:10	100m

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8	8 x	50m	Change-Md	01:02	00:10	00:20	400m
9	1 x	100m	50 Br (4-arms+ 4-kicks alternating) + 50 Br	02:28	00:00	00:10	100m
10	1 x	100m	25 Bk-slap. + 25 Bk alternating	02:17	00:00	00:10	100m
11	1 x	100m	50 Br (4-arms+ 4-kicks alternating) + 50 Br	02:28	00:00	00:10	100m
12	1 x	100m	25 Bk-slap. + 25 Bk alternating	02:17	00:00	00:10	100m
13	8 x	50m	Change-Md	01:02	00:10	00:20	400m
14	1 x	300m	Free cool down	05:53	00:00	00:00	300m

Total: 2500m

DOLPHIN

WORKOUT 3 FOR WEEK 1

32 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - SHORT STEADY BLOCKS (7 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	100m	Bk	02:17	00:00	00:00	100m
2	1 x	200m	50 Dog-pad + 50 Cr-fist + 50 Cr Cr-open hand + 50 Cr	04:51	00:00	00:00	200m
3	1 x	100m	Md (Bf-slap: 2lt/2rt instead of Bf)	02:13	00:00	00:20	100m
4	3 x	400m	Cr (10min steady swimming) Information: appr. 400m-600m	Slow speed	00:00	00:20	1200m
5	4 x	100m	4 x 25 leg training: Bf, Bk, Br, Cr	03:21	00:10	00:20	400m
6	2 x	100m	25 Cr (acceleration until 90% of max. speed) + 75 Bk (moderate speed)	02:18	00:20	00:20	200m
7	1 x	200m	Free cool down	03:55	00:00	00:00	200m
Total:							2400m

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W O R K O U T 4 F O R W E E K 1

3 2 W E E K S U N T I L C O M P E T I T I O N

B A S I C E N D U R A N C E T R A I N I N G - M O D E R A T E 1 0 0 S (6 T A S K S)

	D i s t a n c e		D e s c r i p t i o n	T e m p o	B r e a k a f t e r R e p e t i t i o n	B r e a k a f t e r S e r i e s	T o t a l
1	4 x	150m	Free warm-up	02:55	00:00	00:20	600m
2	8x	100m	Cr	01:57	00:05	00:20	800m
3	2 x	50m	15 Cr (max speed) + 35 any other stroke (moderate speed)	00:55	00:20	00:20	100m
4	8 x	100m	Cr	01:57	00:05	00:20	800m
5	2 x	50m	15 Cr (max speed) + 35 any other stroke (moderate speed)	00:55	00:20	00:20	100m
6	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							2600m

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WORKOUT 5 FOR WEEK 1

32 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON THE ABILITY TO DIFFERENTIATE AND TO RHYTHMIZE (21 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	10min free warm-up Information: approx. 400m-600m	moderate speed	00:00	00:20	400m
2	1 x	100m	Cr-arms (alternate 1 stroke lt arm + 2 strokes rt arm)	02:36	00:00	00:10	100m
3	1 x	100m	Cr (every 25m 2-kicks + 25m 6-kicks alternating)	01:53	00:00	00:10	100m
4	1 x	100m	Bf-slap (4lt-4rt-2OM)	02:13	00:00	00:10	100m
5	1 x	100m	Br (1 arm stroke + 3 leg strokes alternating)	02:36	00:00	00:10	100m
6	1 x	100m	Cr (emphasize each 3rd kick)	01:53	00:00	00:10	100m
7	1 x	100m	Cr-arms (2 strokes lt arm + 1 stroke rt arm alternating)	02:36	00:00	00:10	100m
8	1 x	100m	Cr (every 25m 2-kicks + 25m 6-kicks alternating)	01:53	00:00	00:10	100m
9	1 x	100m	Bf-slap (4lt-4rt-2OM)	02:13	00:00	00:10	100m
10	1 x	100m	Br (1 arm stroke + 3 leg strokes alternating)	02:36	00:00	00:10	100m

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11	1 x	100m	Cr (emphasize each 3rd kick)	01:53	00:00	00:10	100m
12	1 x	400m	Cr	07:26	00:00	00:20	400m
13	1 x	50m	25 Cr (max frequency) + 25 Cr (moderate speed)	00:50	00:00	00:10	50m
14	1 x	50m	25 Br (long floating) + 25 Br (moderate speed)	01:06	00:00	00:10	50m
15	1 x	50m	25 Bk (max frequency) + 25 Bk (moderate speed)	01:00	00:00	00:10	50m
16	1 x	50m	25 Bf (long floating) + 25 Cr (moderate speed)	01:03	00:00	00:10	50m
17	1 x	50m	25 Cr (max frequency) + 25 Cr (moderate speed)	00:50	00:00	00:10	50m
18	1 x	50m	25 Br (long floating) + 25 Br (moderate speed)	01:06	00:00	00:10	50m
19	1 x	50m	25 Bk (max frequency) + 25 Bk (moderate speed)	01:00	00:00	00:10	50m
20	1 x	50m	25 Bf (long floating) + 25 Cr (moderate speed)	01:03	00:00	00:10	50m
21	1 x	200m	25 Bf-dive + 75 Br (long floating) alternating	04:09	00:00	00:00	200m

Total: 2400m

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WORKOUT 1 FOR WEEK 2

31 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A FOCUS ON HYPOXIA TRAINING (8 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Free warm-up (no Cr)	05:00	00:00	00:20	200m
2	2 x	100m	25 Cr-kicks + 25 Cr + 25 Cr-kicks (in dorsal position) + 25 Bk	02:35	00:10	00:20	200m
3	4 x	200m	Cr (each 25m in 3-arms, 2-arms, 4-arms, 2-arms, 5-arms, 2-arms, 6-arms, 2-arms)	03:56	00:10	00:20	800m
4	2 x	50m	15 Cr (max speed) + 35 any other stroke (moderate speed)	01:02	00:10	00:20	100m
5	4 x	200m	Cr (each 50m in 4-arms, 6-arms, 8-arms, 10-arms)	03:56	00:15	00:15	800m
6	2 x	50m	15 Cr (max speed) + 35 any other stroke (moderate speed)	01:02	00:10	00:20	100m
7	2 x	300m	Md without Bf	06:32	00:15	00:15	600m
8	1 x	200m	Free cool down	04:54	00:00	00:00	200m
Total:							3000m

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W O R K O U T 2 F O R W E E K 2

3 W E E K S U N T I L C O M P E T I T O N

B A S I C E N D U R A N C E T R A I N I N G W I T H S H O R T S P R I N T S (6 T A S K S)

		D i s t a n c e	D e s c r i p t i o n	T e m p o	B r e a k a f t e r R e p e t i t i o n	B r e a k a f t e r S e r i e s	T o t a l
1	4 x	100m	75 Cr + 25 Bk	02:04	00:00	00:20	400m
2	4 x	100m	Md (Cr instead of Bf)	02:23	00:10	00:20	400m
3	6 x	100m	15 Cr (max speed) + 85 Cr (active recovery)	01:51	00:10	00:20	600m
4	1 x	200m	50 Cr + 50 Bk alternating	04:07	00:00	00:20	200m
5	1 x	800m	Cr	15:45	00:00	00:20	800m
6	1 x	200m	Free cool down	04:54	00:00	00:00	200m
Total:							2600m

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WORKOUT 3 FOR WEEK 2

31 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A TECHNICAL FOCUS ON DIFFERENTIATION ABILITY (7 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	200m	Cr	03:56	00:10	00:20	400m
2	2 x	100m	4 x 25 leg training: Bf, Bk, Br, Cr	03:07	00:10	00:20	200m
3	2 x	100m	25 Br + 25 Cr alternating	02:07	00:10	00:20	200m
4	3 x	200m	200 Cr (lt hand 50 Cr-fist + 50 Cr-open hand with rt hand normal - change hands after 100m)	03:45	00:15	00:20	600m
5	3 x	200m	50 Br + 50 Bk alternating	04:43	00:15	00:20	600m
6	2 x	500m	100 Cr + 100 Cr (with Paddle on left hand only) + 100 Cr (with Paddle on right hand only) + 200 Cr (with Paddles on both hands)	06:54	00:30	00:20	1000m
7	1 x	200m	Free cool down	04:54	00:00	00:00	200m

Total: 3200m

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WORKOUT 4 FOR WEEK 2

31 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A FOCUS ON KICKING (11 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	100m	Cr	01:52	00:00	00:00	100m
2	1 x	100m	50 Dog-Pad + 50 Polo-Cr	02:36	00:00	00:20	100m
3	4 x	50m	Mini-Md	01:06	00:05	00:20	200m
4	1 x	200m	50 Bf-kicks + 150 Cr	03:53	00:00	00:15	200m
5	1 x	200m	50 Bk-kicks + 150 Bk	05:01	00:00	00:15	200m
6	1 x	200m	50 Br-kicks + 150 Br	06:02	00:00	00:15	200m
7	1 x	200m	50 Cr-kicks + 150 Cr	04:17	00:00	00:15	200m
8	1 x	200m	50 Br-kicks (in dorsal position) + 50 Bk-Br-Bf + 100 Cr	04:30	00:00	00:15	200m
9	2 x	200m	25 Bf-dive + 175 Cr	04:09	00:15	00:30	400m
10	2 x	500m	300 Cr (with fins) + 200 Cr	08:46	00:30	00:20	1000m
11	1 x	200m	Free cool down	04:54	00:00	00:00	200m

Total: 3000m

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WORKOUT 5 FOR WEEK 2

31 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH SHORT SPRINTS (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	300m	Free warm-up	05:53	00:15	00:20	600m
2	1 x	100m	25 Cr-kicks + 25 Br + 50 Bk-slap	02:37	00:00	00:15	100m
3	1 x	100m	25 Cr (increase speed) + 75 Cr (moderate speed + long floating)	01:48	00:00	00:15	100m
4	15 x	100m	15 max + 85 (slow speed) (after each two 100s Cr, one 100 in Bk)	01:51	00:10	00:30	1500m
5	1 x	800m	Cr (15min slow steady swimming with Paddles) Information: appr. 800m-1100m	15 min (moderate speed)	00:00	00:20	800m
6	1 x	200m	Free cool down	04:54	00:00	00:00	200m

Total: 3300m

DOLPHIN

WORKOUT 1 FOR WEEK 3

30 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON FLEXIBILITY (9 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:56	00:00	00:20	200m
2	4 x	100m	15 dive (with Cr-kicks, arms stretched out in front of the body) + 85 Cr	01:53	00:15	00:20	400m
3	1 x	100m	Cr (with high elbow) <small>Information: Swim close to the pool side or pool rope</small>	01:57	00:00	00:15	100m
4	1 x	100m	Cr (overlap behind back)	01:57	00:00	00:15	100m
5	1 x	100m	Cr (after each 2nd or 3rd stroke: roll alternately over left and right side into dorsal position (and back))	01:57	00:00	00:15	100m
6	1 x	100m	25 Br (with Bf-kicks) + 75 Br <small>Information: Bring hands to the front over the water line</small>	02:36	00:00	00:15	100m
7	1 x	100m	25 Bk (rt arm only) + 25 Bk (lt arm only) + 50 Bk (OM) <small>Information: Passive arm lays straight out stretched in front of the body</small>	02:28	00:00	00:20	100m
8	2 x	300m	Md without Bf	06:48	00:20	00:20	600m
9	1 x	400m	Free cool down	09:47	00:00	00:00	400m

Total: 2100m

DOLPHIN

WORKOUT 2 FOR WEEK 3

30 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH PADDLES AND FINS (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	50 Cr + 50 Bk alternating	08:54	00:00	00:20	400m
2	4 x	200m	50 Bf-kicks with fins (in side position) + 150 Cr with fins	03:29	00:15	00:30	800m
3	4 x	150m	25 Bk + 50 Br + 75 Cr	03:08	00:15	00:30	600m
4	5 x	200m	Cr-arms (with Pull-Buoy + Paddles)	03:21	00:20	00:20	1000m
5	1 x	400m	25 Bf-dive + 75 Br (long floating) alternating	08:00	00:00	00:00	400m

Total: 3200m

DOLPHIN

WORKOUT 3 FOR WEEK 3

30 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT DISTANCE SPRINTS AND SPEED INCREASES IN DIFFERENT STROKES (13 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	1 x	100m	10 Bf-kicks (under water with max speed) + 15 Bf (max speed) + 75 Cr (active recovery)	01:48	00:00	00:15	100m
3	1 x	100m	10 Bf-kicks (under water in dorsal position with max speed) + 15 Bk (max speed) + 75 Bk (active recovery)	02:12	00:00	00:15	100m
4	1 x	100m	10 Br (2 fast underwater strokes) + 15 Br (max speed) + 75 Br (active recovery)	02:17	00:00	00:15	100m
5	1 x	100m	10 Cr-kicks (under water with max speed) + 15 Cr (max speed) + 75 Cr (active recovery)	01:48	00:00	00:15	100m
6	1 x	100m	10 Bf-kicks (under water with max speed) + 15 Bf (max speed) + 75 Cr (active recovery)	01:48	00:00	00:15	100m
7	1 x	100m	10 Bf-kicks (under water in dorsal position with max speed) + 15 Bk (max speed) + 75 Bk (active recovery)	02:12	00:00	00:15	100m
8	1 x	100m	10 Br (2 fast underwater strokes) + 15 Br (max speed) + 75 Br (active recovery)	02:17	00:00	00:15	100m

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9	1 x	100m	10 Cr-kicks (under water with max speed) + 15 Cr (max speed) + 75 Cr (active recovery)	01:48	00:00	00:20	100m
10	4 x	50m	Cr (increase speed quickly)	00:45	00:20	00:20	200m
11	1 x	200m	50 Cr + 50 Bk alternating	04:07	00:00	00:15	200m
12	2 x	50m	25 Cr (max speed) + 25 Cr (active recovery)	00:47	00:30	00:20	100m
13	1 x	300m	Free cool down (200m no Cr)	07:04	00:00	00:00	300m

Total: 2000m

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WORKOUT 4 FOR WEEK 3

30 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON CROSSOVER-COORDINATION (13 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:56	00:00	00:15	200m
2	4 x	50m	4x50 Mini-Md (2nd + 4th repetition: kicks only)	01:10	00:10	00:20	200m
3	1 x	100m	25 Br (only lt-arm-stroke with rt-leg-kicks) + 25 Br (only rt-arm-stroke with lt-leg-kicks) + 50 Br	02:36	00:00	00:15	100m
4	1 x	100m	Cr-slap	01:59	00:00	00:15	100m
5	1 x	100m	25 Br (lt arm only, with rt leg) + 25 (rt arm only, with lt leg) + 50 Br	02:36	00:00	00:15	100m
6	1 x	100m	Bk-slap	02:30	00:00	00:15	100m
7	4 x	200m	Cr	03:41	00:15	00:20	800m
8	1 x	100m	Cr (emphasized rolling along longitudinal)	01:57	00:00	00:15	100m
9	1 x	100m	25 Cr (rt-arm) + 25 Cr (lt-arm) + 50 Cr OM (passive arm lies aside the body, breath to the active side)	01:57	00:00	00:15	100m
10	1 x	100m	Cr (emphasized rolling along longitudinal)	01:57	00:00	00:15	100m

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11	1 x	100m	25 Cr (rt arm) + 25 Cr (lt arm) + 50 Cr OM (passive arm lays alongside the body, breath towards the passive side)	01:57	00:00	00:15	100m
12	1 x	100m	Cr (emphasized rolling along longitudinal)	01:57	00:00	00:15	100m
13	1 x	300m	Free cool down	05:53	00:00	00:00	300m

Total: 2400m

DOLPHIN

W O R K O U T 5 F O R W E E K 3

30 W E E K S U N T I L C O M P E T I T I O N

BASIC ENDURANCE TRAINING - MEDLEY PYRAMID (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	200m	50 Cr + 50 Cr-slap + 50 Polo-Cr + 50 Dog-pad	04:33	00:10	00:20	400m
2	1 x	100m	Cr	01:48	00:00	00:10	100m
3	1 x	200m	Bk	04:40	00:00	00:15	200m
4	1 x	300m	Md without Bf	06:48	00:00	00:20	300m
5	3 x	400m	Cr	07:26	00:20	00:20	1200m
6	1 x	300m	Md without Bf	06:48	00:00	00:20	300m
7	1 x	200m	Bk	04:40	00:00	00:15	200m
8	1 x	100m	Cr	01:48	00:00	00:20	100m
9	1 x	200m	Free cool down	04:54	00:00	00:00	200m
Total:							3000m

DOLPHIN

WORKOUT 1 FOR WEEK 4

29 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A FOCUS ON HYPOXIA TRAINING (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	300m	Free warm-up	05:53	00:10	00:20	600m
2	5 x	200m	15-25 dive + 75 Cr + 15 Bf-slap + 85 Bk	03:57	00:15	00:20	1000m
3	8 x	50m	Change-Md (each 1st 25m with force, the 2nd 25m as active recovery)	01:06	00:10	00:30	400m
4	5 x	200m	Cr (25m 2-arms + 25m 7-arms alternating)	03:56	00:15	00:20	1000m
5	2 x	200m	100 Bk-Br-Bf + 50 Cr + 50 Br	04:46	00:00	00:00	400m
Total:							3400m

DOLPHIN

WORKOUT 2 FOR WEEK 4

29 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON THE ABILITY TO RHYTHMIZE (17 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Free warm-up (no Cr)	05:06	00:00	00:10	200m
2	1 x	100m	25 Rigging + 25 Cr + 25 Rigging + 25 Bk	02:23	00:00	00:10	100m
3	1 x	200m	50 Bk-slap + 50 Cr-slap alternating	04:15	00:00	00:20	200m
4	1 x	300m	100 Bf-slap (4lt-4rt) + 100 Bk + 100 Br	07:05	00:00	00:15	300m
5	1 x	100m	Cr (2 strokes lt arm + 1 stroke rt arm alternating)	01:57	00:00	00:15	100m
6	1 x	100m	Cr (1 stroke lt arm + 2 strokes rt arm alternating)	01:57	00:00	00:15	100m
7	1 x	100m	Cr (split in; 25m 2-kicks + 50m 6-kicks + 25m 2-kicks)	01:48	00:00	00:15	100m
8	1 x	300m	Md (100 Br, 100 Cr, 100 Bf-slap (4lt-4rt))	06:33	00:00	00:15	300m
9	1 x	100m	Bk (2 strokes lt arm + 1 stroke rt arm alternating)	02:28	00:00	00:15	100m
10	1 x	100m	Bk (1 stroke lt arm + 2 strokes rt arm alternating)	02:17	00:00	00:15	100m
11	1 x	100m	Bk (split in; 25m 2-kicks + 50m 6-kicks + 25m 2-kicks)	02:17	00:00	00:15	100m

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12	1 x	300m	Md (100 Cr + 100 Bf-slap (4lt-4rt) + 100 Bk)	06:26	00:00	00:15	300m
13	1 x	100m	Br (4 x arm strokes / 2 x kicks alternating)	02:24	00:00	00:15	100m
14	1 x	100m	Br (with Cr-kicks)	02:36	00:00	00:15	100m
15	1 x	100m	Br (25 long floating + 25 max frequency alternating)	02:24	00:00	00:15	100m
16	1 x	300m	Md (100 Cr + 100 Br + 100 Bk)	06:34	00:00	00:15	300m
17	4 x	100m	Cr (15 max frequency + 15 long floating + 70 normal frequency)	01:48	00:20	00:00	400m

Total: 3000m

DOLPHIN

WORKOUT 3 FOR WEEK 4

29 WEEKS UNTIL COMPETITION

STRENGTH TRAINING WITH SHORT MAXIMUM SPEED SPRINTS AND SPEED INCREASES
(10 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	Free warm-up	05:53	00:00	00:20	300m
2	4 x	50m	Md-Change	01:02	00:10	00:20	200m
3	4 x	50m	15 Cr (max acceleration) + 35 Cr (moderate speed)	00:51	00:20	00:20	200m
Information: water start without push off from pool side							
4	2 x	50m	15 Bf (max acceleration) + 35 Bf (moderate speed)	01:04	00:20	00:20	100m
Information: water start without push off from pool side							
5	4 x	50m	15 Cr (max acceleration) + 35 Cr (moderate speed)	00:51	00:20	00:20	200m
Information: water start without push off from pool side							
6	2 x	50m	15 Bf (max acceleration) + 35 Bf (moderate speed)	01:04	00:20	00:20	100m
Information: water start without push off from pool side							
7	1 x	200m	50 Cr + 50 Bk alternating	02:04	00:00	00:15	200m
8	4 x	200m	Cr (quick turn with Paddles)	03:19	00:30	00:30	800m
9	6 x	50m	Br (increase speed until 90%)	01:01	00:30	00:20	300m
10	1 x	200m	Free cool down	04:54	00:00	00:00	200m

Total: 2600m

DOLPHIN

WORKOUT 4 FOR WEEK 4

29 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A TECHNICAL TRAINING FOCUS ON LINKING ABILITY (10 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	Md (4x 75 Md without Bf without any break)	06:33	00:00	00:15	300m
2	1 x	300m	Cr (float after each turn for 10m, max kicks, swim rest of the lane normal)	05:34	00:00	00:20	300m
3	3 x	50m	Cr-kicks + Br-arms	01:32	00:10	00:10	150m
4	1 x	50m	Br-kicks + Cr-arms	01:32	00:00	00:20	50m
5	3 x	100m	Bf-kicks in side position	01:32	00:20	00:20	300m
6	3 x	50m	Cr-kicks + Br-arms	01:32	00:10	00:10	150m
7	1 x	50m	Br-kicks + Cr-arms	01:32	00:00	00:20	50m
8	4 x	250m	100 Cr + 50 Cr-kicks + 100 Cr increase speed until 80%	05:06	00:15	00:20	1000m
9	4 x	100m	4 x 25 leg training: Bf, Bk, Br, Cr	03:11	00:15	00:20	400m
10	1 x	300m	Free cool down	05:53	00:00	00:00	300m

Total: 3000m

DOLPHIN

WORKOUT 5 FOR WEEK 4

29 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH PADDLES AND FIN S (10 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	150m	75 Cr + 25 Br + 25 Bk + 25 Bf-Kicks in side position	03:31	00:10	00:20	300m
2	1 x	300m	Cr	05:34	00:00	00:25	300m
3	1 x	300m	Cr-arms (with Pull-Buoy)	05:24	00:00	00:25	300m
4	1 x	300m	Cr-arms (with Pull-Buoy + Paddles)	05:06	00:00	00:25	300m
5	1 x	300m	Cr with Paddles	05:06	00:00	00:25	300m
6	1 x	300m	Cr with fins	05:06	00:00	00:25	300m
7	1 x	300m	Cr (with Paddles + fins)	05:00	00:00	00:25	300m
8	1 x	300m	Cr with fins	05:06	00:00	00:25	300m
9	1 x	300m	Cr	05:34	00:00	00:25	300m
10	1 x	300m	Free cool down (no Cr)	07:17	00:00	00:00	300m

Total: 3000m

DOLPHIN

WORKOUT 1 FOR WEEK 5

28 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON LINKING ABILITY (16 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	50 Cr + 50 Bk alternating	06:41	00:00	00:20	300m
2	1 x	50m	Bf (with Br-kicks)	01:12	00:00	00:10	50m
3	1 x	50m	Bk (with Bf-kicks)	01:12	00:00	00:10	50m
4	1 x	50m	Br (with Cr-kicks)	01:12	00:00	00:10	50m
5	1 x	50m	Cr (with Br-kicks)	01:12	00:00	00:10	50m
6	1 x	50m	Bf (with Cr-kicks)	01:12	00:00	00:20	50m
7	1 x	250m	Cr	04:33	00:00	00:20	250m
8	1 x	50m	Bf (with Br-kicks)	01:12	00:00	00:10	50m
9	1 x	50m	Bk (with Bf-kicks)	01:12	00:00	00:10	50m
10	1 x	50m	Br (with Cr-kicks)	01:12	00:00	00:10	50m
11	1 x	50m	Cr (with Br-kicks)	01:12	00:00	00:10	50m
12	1 x	50m	Bf (with Cr-kicks)	01:12	00:00	00:20	50m
13	1 x	250m	Bk	05:46	00:00	00:20	250m

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14	4 x	200m	50 Bf-slap (4lt/4rt) + 100 Cr-slap + 50 Bf-slap (4lt/4rt)	04:14	00:15	00:20	800m
15	6 x	100m	15 Bf-dive + 85 Cr	01:52	00:15	00:20	600m
16	1 x	400m	Free cool down	09:57	00:00	00:00	400m
							Total: 3100m

DOLPHIN

W O R K O U T 2 F O R W E E K 5

28 W E E K S U N T I L C O M P E T I T I O N

B A S I C E N D U R A N C E T R A I N I N G - M O D E R A T E 200S (5 T A S K S)

		D i s t a n c e	D e s c r i p t i o n	T e m p o	B r e a k a f t e r R e p e t i t i o n	B r e a k a f t e r S e r i e s	T o t a l
1	2 x	200m	50 Cr + 50 Cr-slap + 50 Polo-Cr + 50 Dog-pad	04:23	00:10	00:20	400m
2	5 x	200m	Cr	03:41	00:17	00:20	1000m
3	8 x	50m	Md-Change	01:06	00:10	00:20	400m
4	5 x	200m	Cr (after each turn; 3 long under water Br-strokes. Rest of the lane; Cr in moderate speed.)	03:41	00:17	00:20	1000m
5	1 x	200m	Free cool down	04:54	00:00	00:00	200m
Total:							3000m

DOLPHIN

WORKOUT 3 FOR WEEK 5

28 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT SPRINTS AND SPEED INCREASES (7 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	09:57	00:00	00:20	400m
2	8 x	75m	Cr (increase speed each 25m)	01:17	00:10	00:20	600m
3	1 x	200m	Bf-slap (5lt/5rt)	04:58	00:00	00:20	200m
4	8 x	50m	20 Cr max + 30 Cr (moderate speed)	00:48	00:20	00:20	400m
5	1 x	200m	Bf-slap (5lt/5rt)	04:58	00:00	00:20	200m
6	6 x	100m	4 x 25 leg training: Bf, Bk, Br, Cr (each 10m of each stroke in max speed)	02:49	00:11	00:20	600m
7	1 x	200m	Free cool down	03:41	00:00	00:00	200m
Total:							2600m

DOLPHIN

WORKOUT 4 FOR WEEK 5

28 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A FOCUS ON HYPOXIA TRAINING (11 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	200m	Free warm-up	03:41	00:10	00:20	400m
2	1 x	100m	Cr (9-arms)	01:57	00:00	00:15	100m
3	1 x	200m	Cr (7-arms)	03:56	00:00	00:15	200m
4	1 x	300m	Cr (5-arms)	05:43	00:00	00:15	300m
5	1 x	400m	Cr (3-arms)	07:26	00:00	00:20	400m
6	2 x	200m	Md (Bf-slap (2lt - 2rt) instead of Bf)	04:30	00:00	00:20	400m
7	1 x	400m	Cr (2-arms)	07:26	00:00	00:15	400m
8	1 x	300m	Cr (4-arms)	05:43	00:00	00:15	300m
9	1 x	200m	Cr (6-arms)	03:56	00:00	00:15	200m
10	1 x	100m	Cr (8-arms)	01:57	00:00	00:20	100m
11	4 x	100m	25 Bf-Dive + 25 Cr + 50 Bk	02:21	00:10	00:00	400m

Total: 3200m

DOLPHIN

WORKOUT 5 FOR WEEK 5

28 WEEKS UNTIL COMPETITION

STRENGTH TRAINING WITH PADDLES (7 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	Free warm-up	07:27	00:00	00:20	300m
2	4 x	100m	25 Dog-Pad + 25 Polo-Cr + 50 Cr (increase speed until 80%)	02:02	00:15	00:20	400m
3	6 x	100m	50 Rigging + 50 Cr (both with Paddles)	02:29	00:15	00:20	600m
4	6 x	50m	Bf (Bf as long as possible then Cr for the rest)	01:08	00:20	00:20	300m
5	1 x	200m	50 Cr + 50 Bk-Br-Bf alternating	04:07	00:00	00:30	200m
6	1 x	600m	Cr (with Paddles + Pull-Buoy)	10:11	00:00	00:30	600m
7	1 x	300m	Free cool down	07:27	00:00	00:00	300m
Total:							2700m

DOLPHIN

WORKOUT 1 FOR WEEK 6

27 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - MODERATE 100S + REDUCE CONTROLLED PACE
(9 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	08:19	00:00	00:20	400m
2	3 x	100m	Cr	01:48	00:10	00:10	300m
3	1 x	100m	Br	02:24	00:00	00:10	100m
4	1 x	100m	Cr-kicks	03:21	00:00	00:20	100m
5	3 x	100m	Cr	01:48	00:10	00:10	300m
6	1 x	100m	Br	02:24	00:00	00:10	100m
7	1 x	100m	Cr-kicks	03:21	00:00	00:20	100m
8	16 x	50m	Md-Change (Bf-slap (2li - 2re) statt De)	01:07	00:10	00:20	800m
9	1 x	600m	Cr (start with 90% and decrease speed each 100m)	10:34	00:00	00:00	600m
Total:							2800m

DOLPHIN

WORKOUT 2 FOR WEEK 6

27 WEEKS UNTIL COMPETITION

SPEED TRAINING AND STANDARD TEST. USE THE STANDARD TEST FOR AN INTENSIVE TRAINING AND FOR ADJUSTING YOUR CURRENT PERFORMANCE (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	100m	75 Cr + 25 Bk	02:07	00:00	00:20	200m
2	4 x	100m	100 Md (Cr instead Bf)	02:13	00:10	00:20	400m
3	4 x	50m	15 Cr (max speed) + 35 Bk-Br-Bf (moderate speed)	01:14	00:10	00:30	200m
4	1 x	100m	Cr (water start) TEST!	max	00:00	00:30	100m
5	1 x	100m	50 Cr + 50 Bk	02:13	00:00	00:10	100m
6	1 x	100m	50 Cr (long floating) + 50 Br (1 arm stroke and 2 kicks alternating)	02:36	00:00	00:10	100m
7	1 x	100m	50 Bf-slap (2rt-2lt) + 50 Cr	02:36	00:00	00:30	100m
8	1 x	1000m	Cr (water start) TEST!	max	00:00	00:30	1000m
9	1 x	300m	Free cool down (200m no Cr)	07:04	00:00	00:00	300m
Total:							2500m

DOLPHIN

WORKOUT 3 FOR WEEK 6

27 WEEKS UNTIL COMPETITION

STRENGTH WITH SHORT SPRINTS AND SPEED INCREASES (11 TASKS)

	Distance			Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	100m	Cr		01:57	00:00	00:10	100m
2	1 x	100m	Bk		02:28	00:00	00:20	100m
3	4 x	75m	Br (increase speed each 25m)		01:48	00:30	00:30	300m
4	8 x	25m	Cr (max speed)		00:18	00:05	00:30	200m
5	1 x	200m	50 Cr + 50 Bk alternating		04:41	00:00	00:30	200m
6	1 x	200m	Md (Bf-slap (2lt-2rt) instead of Bf)		04:35	00:00	00:30	200m
7	12 x	25m	Cr (max speed with Paddles)		00:16	00:05	00:30	300m
8	1 x	200m	50 Cr + 50 Bk alternating		04:41	00:00	00:20	200m
9	1 x	200m	Md (Bf-slap (2lt-2rt) instead of Bf)		04:35	00:00	00:30	200m
10	6 x	100m	25 Bf + 25 Rigging + 50 Cr (increase speed until 90%)		02:07	00:30	00:30	600m
11	2 x	200m	50 Bf-dive + 150 Cr (moderate speed)		04:01	00:20	00:00	400m

Total: 2800m

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W O R K O U T 4 F O R W E E K 6

27 W E E K S U N T I L C O M P E T I T I O N

B A S I C E N D U R A N C E T R A I N I N G - L O N G E R S T E A D Y B L O C K S (10 T A S K S)

Distance				Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	100m	Cr		01:57	00:00	00:10	100m
2	1 x	100m	Bf-slap (4lt-4rt-2OM)		02:30	00:00	00:20	100m
3	1 x	100m	15 dive + 10 Cr-kicks + 25 Br		02:22	00:00	00:10	100m
4	1 x	100m	15 dive + 10 Br-kicks + 25 Cr		02:22	00:00	00:10	100m
5	1 x	100m	15 dive + 10 Cr-kicks + 25 Br		02:22	00:00	00:10	100m
6	1 x	100m	15 dive + 10 Br-kicks + 25 Cr		02:22	00:00	00:30	100m
7	1 x	800m	Cr (20min steady swimming with 4-arms)		20 min	00:00	00:30	800m
				Information: appr. 800m-1200m				
8	2 x	100m	Md		02:23	00:10	00:30	200m
9	1 x	800m	Cr (20min steady swimming with 6-arms)		20 min	00:00	00:30	800m
				Information: appr. 800m-1200m				
10	1 x	400m	Free cool down (no Cr)		09:22	00:00	00:00	400m

Total: 2800m

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WORKOUT 5 FOR WEEK 6

27 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT HIGH INTENSIVE INTERVALS (12 TASKS)

Distance				Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr		03:54	00:00	00:10	200m
2	1 x	100m	Bf-slap (5lt-5rt-2OM)		02:29	00:00	00:10	100m
3	1 x	200m	50 Cr + 50 Bk alternating		04:27	00:00	00:20	200m
4	4 x	50m	Mini-Md		01:10	00:10	00:30	200m
5	4 x	25m	Cr (max speed)		00:17	00:05	01:00	100m
6	2 x	100m	50 Bk-Br-Bf + 50 Combo-Br		02:36	00:10	00:30	200m
7	4 x	25m	Cr (max speed)		00:17	00:05	01:00	100m
8	2 x	100m	50 Bk-Br-Bf + 50 Combo-Br		02:36	00:10	00:30	200m
9	4 x	25m	Cr (max speed)		00:17	00:05	01:00	100m
10	2 x	100m	50 Bk-Br-Bf + 50 Combo-Br		02:36	00:10	00:20	200m
11	1 x	300m	Md without Bf		06:33	00:00	00:20	300m
12	1 x	200m	50 Cr (in slow motion) + 50 Cr alternating		04:22	00:00	00:00	200m
Total:								2100m

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WORKOUT 1 FOR WEEK 7

26 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON FLOATING AND ROLLING (19 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Free warm-up Information: passive arm at a time in front of the head + emphasise push phase	03:41	00:00	00:20	200m
2	1 x	100m	25 Cr (rt arm) + 25 Cr + 25 Cr (lt arm) + 25 Cr	01:59	00:00	00:10	100m
3	1 x	100m	Cr-slap	01:59	00:00	00:10	100m
4	1 x	100m	Cr (short break between single strokes for a longer floating time)	01:59	00:00	00:10	100m
5	1 x	100m	25 Cr (rt arm) + 25 Cr + 25 Cr (lt arm) + 25 Cr Information: passive arm at a time in front of the head + emphasise push phase	01:59	00:00	00:10	100m
6	1 x	100m	Cr-slap	01:59	00:00	00:10	100m
7	1 x	100m	Cr (short break between single strokes for a longer floating time)	01:59	00:00	00:10	100m
8	1 x	100m	25 Cr (rt arm) + 25 Cr + 25 Cr (lt arm) + 25 Cr Information: passive arm at a time in front of the head + emphasise push phase	01:59	00:00	00:10	100m

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9	1 x	100m	Cr-slap	01:59	00:00	00:10	100m
10	1 x	100m	Cr (short break between single strokes for a longer floating time)	01:59	00:00	00:20	100m
11	8 x	50m	Md-Change ((moderate speed))	01:08	00:05	00:30	400m
12	1 x	100m	50 Cr (rt arm) + 50 Cr (lt arm) Information: Passive arm lays straight out stretched in front of the body, breath towards the active side	01:59	00:00	00:10	100m
13	1 x	100m	Cr (active rolling along the longitudinal)	01:59	00:00	00:10	100m
14	1 x	100m	50 Cr (rt arm) + 50 Cr (lt arm) Information: Passive arm lays straight out stretched in front of the body, breath towards the active side	02:10	00:00	00:10	100m
15	1 x	100m	Cr (active rolling along the longitudinal)	01:59	00:00	00:10	100m
16	1 x	100m	Cr 3-arms (look to the ceiling when breathing)	01:59	00:00	00:10	100m
17	1 x	100m	Cr (active rolling along the longitudinal)	01:59	00:00	00:20	100m
18	1 x	500m	Cr (long floating, active rolling along the longitudinal, as less strokes as possible per lane)	01:59	00:00	00:20	500m
19	1 x	300m	Free cool down (no Cr)	07:10	00:00	00:00	300m

Total: 2900m

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W O R K O U T 2 F O R W E E K 7

26 W E E K S U N T I L C O M P E T I T I O N

BASIC ENDURANCE TRAINING WITH FARTLEK (7 TASKS)

		D i s t a n c e	D e s c r i p t i o n	T e m p o	B r e a k a f t e r R e p e t i t i o n	B r e a k a f t e r S e r i e s	T o t a l
1	1 x	200m	50 Cr + 50 Bk alternating	04:27	00:00	00:20	200m
2	4 x	100m	Md (Bf-slap (2lt - 2rt) instead of Bf)	02:13	00:15	00:30	400m
3	1 x	800m	Cr (change speed levels 'by feel'; swim 1/3 in a faster speed level)	14:32	00:00	00:30	800m
4	4 x	100m	Md (Bf-slap (2lt - 2rt) instead of Bf)	02:13	00:15	00:30	400m
5	1 x	800m	Cr (change speed levels 'by feel'; swim 2/3 in a faster speed level)	13:32	00:00	00:30	800m
6	4 x	100m	Md (Bf-slap (2lt - 2rt) instead of Bf)	02:13	00:15	00:20	400m
7	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							3200m

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W O R K O U T 3 F O R W E E K 7

26 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING LONG MODERATE SPEED INCREASES (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	3 x	200m	Bf-slap (4lt-4rt-2OM)	05:00	00:15	00:30	600m
3	12 x	150m	Cr (increase speed each 50m) (swim each 4th repetiton Br or Bf)	02:44	00:15	00:30	1800m
4	5 x	100m	Cr (each 25m: 3-arms, 5-arms, 7-arms, 2-arms)	01:52	00:10	00:20	500m
5	1 x	300m	Free cool down	07:10	00:00	00:00	300m

Total: 3600m

DOLPHIN

WORKOUT 4 FOR WEEK 7

26 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT SPRINTS AND SPEED INCREASES (10 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	100 Cr + 50 Cr-fist + 50 Cr with open hand + 100 Cr	06:02	00:00	00:20	300m
2	2 x	50m	Cr (increase speed until 80%)	00:50	00:20	00:20	100m
3	2 x	50m	15 Cr (max speed) + 35 Bk (moderate speed)	00:56	00:20	00:20	100m
4	1 x	200m	100 Cr + 100 Bk-Br-Bf	04:18	00:00	00:30	200m
5	8 x	100m	Cr with fins (quick turn)	01:40	00:20	00:30	800m
6	2 x	50m	Cr (increase speed continuously until 90%)	00:47	00:30	00:30	100m
7	2 x	50m	25 Cr (max speed) + 25 Bk (moderate speed)	00:52	00:20	00:20	100m
8	1 x	200m	100 Cr + 100 Bk-Br-Bf	04:18	00:00	00:30	200m
9	8 x	100m	Cr with fins (quick turn)	01:40	00:20	00:30	800m
10	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 2900m

DOLPHIN

WORKOUT 5 FOR WEEK 7

26 WEEKS UNTIL COMPETITION

RECOVERY (11 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Free warm-up	03:56	00:00	00:15	200m
2	2 x	100m	Br (long floating)	02:30	00:10	00:20	200m
3	2 x	100m	Bk (accented rolling along longitudinal)	02:23	00:10	00:20	200m
4	1 x	600m	Cr (float long under water after each turn + intensive kicks)	11:42	00:00	00:20	600m
5	1 x	100m	Cr (high elbow)	01:57	00:00	00:10	100m
6	1 x	100m	Cr (overlap behind back)	01:57	00:00	00:10	100m
7	1 x	100m	Bf-slap (4lt-4rt)	02:29	00:00	00:10	100m
8	1 x	100m	Cr (high elbow)	01:57	00:00	00:10	100m
9	1 x	100m	Cr (overlap behind back)	01:57	00:00	00:10	100m
10	1 x	100m	Bf-slap (4lt-4rt)	02:29	00:00	00:20	100m
11	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 2000m

DOLPHIN

WORKOUT 1 FOR WEEK 8

25 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	600m	Free warm-up	11:48	00:00	00:20	600m
2	1 x	200m	Bf-slap (5lt-5rt-3OM)	04:47	00:00	00:20	200m
3	1 x	400m	50 Polo-Cr + 100 Cr + 50 Cr-slap alternating	07:34	00:00	00:20	400m
4	1 x	400m	50 Cr (with Br-kicks) + 100 Cr + 50 Br alternating	08:28	00:00	00:20	400m
5	1 x	800m	Cr (after each 100, swim app. 15m Cr-legs with max. speed)	14:52	00:00	00:30	800m
6	1 x	400m	50 Polo-Cr + 100 Cr + 50 Cr-slap alternating	07:34	00:00	00:20	400m
7	1 x	400m	50 Cr (with Br-kicks) + 100 Cr + 50 Br alternating	08:28	00:00	00:20	400m
8	1 x	400m	4 x 25 kicks in Md-order + 100 Cr alternating	06:48	00:00	00:20	400m
9	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 3800m

DOLPHIN

WORKOUT 2 FOR WEEK 8

25 WEEKS UNTIL COMPETITION

STRENGTH WITH SHORT BF SPRINTS (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	4 x	100m	25 Rigging + 75 Br (increase speed each 25m)	02:31	00:30	00:30	400m
3	10 x	50m	15 Bf (max acceleration) + 35 Bk (moderate speed) (water start without push off from side)	01:04	00:20	00:30	500m
4	1 x	800m	Cr with Paddles (each 50m quick turn)	13:32	00:00	00:30	800m
5	1 x	300m	50 Cr (slow-motion) + 50 Bk alternating	06:41	00:00	00:00	300m

Total: 2400m

DOLPHIN

W O R K O U T 3 F O R W E E K 8

25 W E E K S U N T I L C O M P E T I T I O N

BASIC ENDURANCE TRAINING WITH PADDLES AND FINS (7 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	150m	50 Cr + 25 Bk + 75 Cr-slap	03:02	00:10	00:20	300m
2	4 x	50m	Change-Md (kicks only)	01:22	00:10	00:20	200m
3	4 x	100m	Cr (jede 2s schneller als die vorherige)	01:46	00:15	00:20	400m
4	4 x	200m	Cr-arms (with Pull-Buoy)	03:31	00:15	00:20	800m
5	4 x	300m	50 Cr (Paddle only on the left hand) + 50 Cr (Paddle only on the right hand) + 200 Cr (with Paddles on both hands)	05:12	00:20	00:30	1200m
6	8 x	50m	Cr (with Paddles + Pull-Buoy)	00:45	00:05	00:20	400m
7	1 x	300m	Free cool down (no Cr)	07:10	00:00	00:00	300m

Total: 3600m

DOLPHIN

WORKOUT 4 FOR WEEK 8

25 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - OVERLONG (16 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	4 x	50m	Bf-slap (5lt-5rt-2OM)	01:14	00:10	00:20	200m
2	3 x	100m	Bk	02:28	00:10	00:20	300m
3	2 x	200m	50 Br + 50 Cr alternating	04:06	00:10	00:20	400m
4	1 x	500m	Cr	09:18	00:00	00:30	500m
5	2 x	200m	50 Br + 50 Cr alternating	04:06	00:10	00:20	400m
6	3 x	100m	Bk	02:17	00:10	00:20	300m
7	4 x	50m	Bf-slap (5lt-5rt-2OM)	01:14	00:10	00:20	200m
8	1 x	100m	Cr with Paddles	01:40	00:00	00:15	100m
9	1 x	200m	Cr	03:41	00:00	00:15	200m
10	1 x	300m	Cr with Paddles	05:05	00:00	00:15	300m
11	1 x	400m	Cr	07:26	00:00	00:15	400m
12	1 x	500m	Cr with Paddles	08:29	00:00	00:15	500m
13	1 x	400m	Cr	07:26	00:00	00:15	400m
14	1 x	300m	Cr with Paddles	05:05	00:00	00:15	300m
15	1 x	200m	Cr	03:41	00:00	00:15	200m
16	1 x	100m	Cr with Paddles	01:40	00:00	00:00	100m

Total: 4800m

DOLPHIN

WORKOUT 5 FOR WEEK 8

25 WEEKS UNTIL COMPETITION

RECOVERY (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	Free warm-up	05:55	00:00	00:20	300m
2	4 x	100m	Cr (after start, long floating under water + Bf-slap for 25m + 75 Cr)	01:59	00:15	00:30	400m
3	4 x	100m	25 dive + 75 Bk	02:23	00:15	00:30	400m
4	4 x	100m	25 Br-arms with Bf-kicks + 75 Br (long floating)	02:24	00:15	00:30	400m
5	4 x	100m	25 Bf-dive + 75 Br (long floating)	01:59	00:15	00:00	400m
Total:							1900m

DOLPHIN

WORKOUT 1 FOR WEEK 9

24 WEEKS UNTIL COMPETITION

STRENGTH TRAINING WITH SHORT CR AND BF SPRINTS (11 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	6 x	75m	25 Cr-kicks (max speed) + 50 Bk (moderate speed)	01:47	00:15	00:30	450m
3	4 x	75m	10 Bf-kicks + 15 Bf (max speed) + 50 Bf-slap (moderate speed)	01:37	00:20	00:30	300m
4	2 x	75m	10 Bf-kicks (under water in dorsal position) + 15 Bf (max speed) + 50 Bf (moderate speed)	01:37	00:20	00:20	150m
5	1 x	300m	Md (without Bf in moderate speed)	07:03	00:00	00:30	300m
6	4 x	50m	Cr (increase speed through frequency)	00:47	00:20	00:45	200m
7	8 x	25m	15 Cr (max Tempo) + 10 Cr (active recovery)	00:22	00:10	00:20	200m
8	1 x	300m	Md (without Bf in moderate speed)	07:03	00:00	00:20	300m
9	4 x	50m	Cr (increase speed through frequency)	00:47	00:20	00:45	200m
10	8 x	25m	15 Cr (max Tempo) + 10 Cr (active recovery)	00:22	00:10	00:20	200m
11	1 x	500m	Free cool down (turn actively with speed)	11:08	00:00	00:00	500m

Total: 3200m

DOLPHIN

WORKOUT 2 FOR WEEK 9

24 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A FOCUS ON HYPOXIA TRAINING (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	4 x	100m	25 Bf-dive + 25 Bk-Br-bf	02:18	00:10	00:20	400m
3	4 x	100m	15 dive + 60 Cr + 25 Bf-dive	02:18	00:10	00:20	400m
4	8 x	50m	Md-Change	01:06	00:05	00:20	400m
5	6 x	300m	50 Cr (increase speed up to 80%) + 100 Bk + 150 Cr (each 50m with 5-, 7-, 9-arms)	06:01	00:15	00:00	1800m

Total: 3400m

DOLPHIN

WORKOUT 3 FOR WEEK 9

24 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - OVERLONG (4 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	600m	Free warm-up	11:49	00:00	00:30	600m
2	4 x	700m	4 x 25 kicks in Md-order + 100 Br + 100 Bf-slap (5lt-5rt) + 100 Bk + 300 Cr	15:32	00:30	01:00	2800m
3	6 x	200m	50 Cr-fist + 50 Polo-Cr + 100 Cr	03:47	00:10	00:20	1200m
4	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							4800m

DOLPHIN

W O R K O U T 4 F O R W E E K 9

24 W E E K S U N T I L C O M P E T I T I O N

S P E E D T R A I N I N G W I T H S H O R T S P R I N T S A N D S T A B I L (7 T A S K S)

		D i s t a n c e	D e s c r i p t i o n	T e m p o	B r e a k a f t e r R e p e t i t i o n	B r e a k a f t e r S e r i e s	T o t a l
1	1 x	200m	50 Cr + 50 Bk alternating	04:28	00:00	00:20	200m
2	8 x	50m	Mini-Md	01:06	00:10	00:30	400m
3	6 x	50m	Cr (increase speed continuously until 90%)	00:45	00:20	00:20	300m
4	1 x	200m	50 Cr + 50 Bk alternating	04:09	00:00	00:30	200m
5	10 x	50m	25 Cr (max speed) + 25 Cr (moderate speed) <small>Information: Before each sprint do 30sec torso stabilization exercise at the pool side</small>	00:47	00:45	01:00	500m
6	1 x	800m	Cr (very slow speed, swim after each 100m a 10m sprint with intensive 6-kicks)	15:45	00:00	00:20	800m
7	1 x	400m	Free cool down	07:52	00:00	00:00	400m
Total:							2800m

DOLPHIN

W O R K O U T 5 F O R W E E K 9

24 W E E K S U N T I L C O M P E T I T I O N

R E C O V E R Y (4 T A S K S)

	D i s t a n c e		D e s c r i p t i o n	T e m p o	B r e a k a f t e r R e p e t i t i o n	B r e a k a f t e r S e r i e s	T o t a l
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	3 x	200m	50 Bk-Br-Bf + 50 Bk alternating	04:40	00:15	00:20	600m
3	4 x	150m	Md without Bf	03:16	00:15	00:20	600m
4	1 x	200m	25 Bf-dive + 75 Bk + 100 Cr in slow motion	04:15	00:00	00:00	200m

Total: 1800m

DOLPHIN

WORKOUT 1 FOR WEEK 10

23 WEEKS UNTIL COMPETITION

KRAFT (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	4 x	200m	Bf-slap (4lt-4rt-2OM)	04:35	00:20	00:45	800m
3	10 x	50m	25 Cr (increase speed until 100%) + 25 Cr (moderate speed) with Pull-Buoy and Paddles	00:48	00:15	00:45	500m
4	1 x	200m	50 Cr-fist + 50 Cr-open-hand alternating	03:51	00:00	00:30	200m
5	10 x	50m	25 Br (increase speed until 100%) + 25 Br (moderate speed) with Pull-Buoy and Paddles	01:06	00:15	00:30	500m
6	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							2600m

DOLPHIN

W O R K O U T 2 F O R W E E K 1 0

2 3 W E E K S U N T I L C O M P E T I T I O N

S P E E D E N D U R A N C E T R A I N I N G W I T H M A X I M A L 1 0 0 S (6 T A S K S)

		D i s t a n c e	D e s c r i p t i o n	T e m p o	B r e a k a f t e r R e p e t i t i o n	B r e a k a f t e r S e r i e s	T o t a l
1	4 x	100m	75 Cr + 25 Bk	02:04	00:00	00:20	400m
2	4 x	100m	Md (Cr instead of Bf)	02:04	00:10	00:30	400m
3	6 x	100m	15 Cr (max speed) + 85 Cr (active recovery)	01:46	00:15	00:30	600m
4	1 x	200m	50 Cr + 50 Bk alternating	04:27	00:00	00:30	200m
5	6 x	100m	Cr (max speed) Information: Start from starting block	01:25	02:30	01:30	600m
6	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							2400m

DOLPHIN

WORKOUT 3 FOR WEEK 10

23 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT HIGH INTENSIVE INTERVALS (10 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	Free warm-up	05:53	00:00	00:30	300m
2	7 x	100m	Md (Bf-slap (2lt-2rt) instead of Bf)	02:11	00:10	00:30	700m
3	4 x	25m	Cr (max speed)	00:17	00:05	01:30	100m
4	1 x	200m	50 Bk-Br-Bf + 50 Bk + 100 Cr in slow motion	04:27	00:00	00:30	200m
5	8 x	25m	Cr (max speed)	00:17	00:05	02:00	200m
6	1 x	200m	50 Bk-Br-Bf + 50 Bk + 100 Cr in slow motion	04:27	00:00	00:30	200m
7	8 x	25m	Cr (max speed)	00:17	00:05	02:00	200m
8	1 x	200m	50 Bk-Br-Bf + 50 Bk + 100 Cr in slow motion	04:27	00:00	00:30	200m
9	4 x	100m	Md (Bf-slap (2lt-2rt) instead of Bf) always one stroke with more force	02:05	00:10	00:10	400m
10	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 2700m

DOLPHIN

WORKOUT 4 FOR WEEK 10

23 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - LONGER STEADY BLOCKS (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	600m	Free warm-up	11:47	00:00	01:00	600m
2	1 x	800m	Cr (20min steady swimming) <small>Information: appr. 800m-1200m</small>	20min steady	00:00	01:30	800m
3	1 x	800m	Cr with Pull-Buoy (20min steady swimming) <small>Information: appr. 800m-1200m</small>	20min steady	00:00	01:30	800m
4	1 x	800m	Cr with Pull-Buoy + Paddles (20min steady swimming) <small>Information: appr. 800m-1200m</small>	20min steady	00:00	01:30	800m
5	2 x	300m	50 Br + 4x25 Kicks in Md-order + 150 Bk	07:23	00:10	00:00	600m
Total:							3600m

DOLPHIN

WORKOUT 5 FOR WEEK 10

23 WEEKS UNTIL COMPETITION

RECOVERY (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:30	400m
2	1 x	100m	15 Dive + 85 Bk	02:01	00:00	00:15	100m
3	1 x	100m	20 Dive + 80 Cr-slap	02:01	00:00	00:15	100m
4	1 x	100m	25 Dive + 75 Cr	02:01	00:00	00:15	100m
5	1 x	100m	30 Tauchen + 70 Bk-Br-Bf	02:01	00:00	00:30	100m
6	10 x	100m	Technical units	01:57	00:20	00:00	1000m
Total:							1800m

DOLPHIN

WORKOUT 1 FOR WEEK 11

22 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON WATER POSITION (10 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Mini-Md	04:25	00:00	00:20	200m
2	1 x	300m	25 Cr-fist + 25 Cr-open hand + 25 Cr alternating	05:45	00:00	00:20	300m
3	1 x	300m	Bk	07:03	00:00	00:20	300m
4	4 x	75m	Cr (look each 25m in front, under and behind body to the pool floor)	01:27	00:05	00:20	300m
5	1 x	300m	25 Cr-fist + 25 Cr-open hand + 25 Cr alternating	05:45	00:00	00:20	300m
6	1 x	300m	Bk	07:03	00:00	00:20	300m
7	4 x	75m	Cr (look each 25m in front, under and behind body to the pool floor)	01:27	00:05	00:20	300m
8	1 x	300m	Bk	07:03	00:00	00:20	300m
9	1 x	300m	25 Cr (2-kicks) + 25 Cr (6-kicks) alternating	05:31	00:00	00:20	300m
10	1 x	200m	Mini-Md	04:25	00:00	00:00	200m

Total: 2800m

DOLPHIN

WORKOUT 2 FOR WEEK 11

22 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A FOCUS ON KICKING (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	8 x	100m	4 x 25 Kicks in Md-order	02:44	00:15	00:20	800m
3	2 x	400m	25 Cr-kicks + 75 Cr alternating	08:19	00:20	00:20	800m
4	8 x	100m	25 Bf-kicks in side position + 25 Br-kicks + 50 Cr	02:04	00:15	00:30	800m
5	1 x	800m	Cr with fins	13:07	00:00	00:00	800m
Total:							3600m

DOLPHIN

W O R K O U T 3 F O R W E E K 1 1

2 2 W E E K S U N T I L C O M P E T I T I O N

BASIC ENDURANCE TRAINING - MEDLEY PYRAMID (9 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:56	00:00	00:15	200m
2	1 x	200m	Bf-slap (4lt-4rt)	04:47	00:00	00:15	200m
3	1 x	200m	50 Dog-Pad + 50 Polo-Cr alternating	04:33	00:00	00:15	200m
4	4 x	250m	25 Bf + 50 Bk + 75 Br + 100 Cr	05:22	00:15	00:20	1000m
5	4 x	100m	Cr	01:48	00:15	00:20	400m
6	2 x	200m	25 Br + 75 Cr alternating	03:54	00:10	00:20	400m
7	1 x	400m	Cr with Paddles	06:47	00:00	00:20	400m
8	2 x	200m	25 Br + 75 Cr alternating	03:54	00:15	00:20	400m
9	4 x	100m	Cr	01:48	00:10	00:00	400m

Total: 3600m

DOLPHIN

W O R K O U T 4 F O R W E E K 1 1

2 2 W E E K S U N T I L C O M P E T I T O N

S P E E D T R A I N I N G W I T H S H O R T H I G H I N T E N S I V E I N T E R V A L S (8 T A S K S)

	D i s t a n c e		D e s c r i p t i o n	T e m p o	B r e a k a f t e r R e p e t i t i o n	B r e a k a f t e r S e r i e s	T o t a l
1	1 x	200m	Cr	03:56	00:00	00:20	200m
2	4 x	50m	15 Dive + 35 Cr	00:56	00:10	00:20	200m
3	2 x	100m	25 Rigging + 25 Cr alternating	02:34	00:15	00:20	200m
4	6 x	50m	Cr (Tempo Steigern bis 80%)	00:45	00:15	00:30	300m
5	12 x	25m	Cr (max speed)	00:17	00:05	01:30	300m
6	1 x	600m	Cr (very slow speed)	11:48	00:00	00:45	600m
7	1 x	100m	25 Bf-arms with Cr-kicks (max speed) + 75 Cr (max speed)	01:33	00:00	00:45	100m
8	1 x	300m	Free cool down	05:55	00:00	00:00	300m

Total: 2200m

DOLPHIN

WORKOUT 5 FOR WEEK 11

22 WEEKS UNTIL COMPETITION

RECOVERY (4 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Free warm-up	03:56	00:00	00:20	200m
2	1 x	300m	15 Bf-dive + 85 Cr alternating	05:50	00:00	00:20	300m
3	10 x	100m	Cr (float minimum 5m after each turn)	01:52	00:15	00:15	1000m
4	1 x	300m	50 Cr-fist + 50 Cr high elbow alternating	05:50	00:00	00:00	300m
Total:							1800m

DOLPHIN

WORKOUT 1 FOR WEEK 12

21 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (12 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:51	00:00	00:20	200m
2	1 x	100m	Cr (25m rt-arm + 25m lt-arm + 50m OM)	01:57	00:00	00:15	100m
3	1 x	100m	25 Rigging + 25 Cr alternating	02:10	00:00	00:15	100m
4	1 x	100m	25 Br (with Bf-kicks) + 25 Br + 50 Cr	02:04	00:00	00:15	100m
5	1 x	100m	Cr (25m rt-arm + 25m lt-arm + 50m OM)	01:57	00:00	00:15	100m
6	1 x	100m	25 Rigging + 25 Cr alternating	02:10	00:00	00:15	100m
7	1 x	100m	25 Br (with Bf-kicks) + 25 Br + 50 Cr	02:04	00:00	00:20	100m
8	1 x	500m	Cr	09:22	00:00	00:20	500m
9	1 x	300m	Md without Bf (change stroke each 25m)	06:27	00:00	00:20	300m
10	1 x	500m	Cr	09:09	00:00	00:20	500m
11	1 x	300m	Md without Bf (change stroke each 50m)	06:40	00:00	00:20	300m
12	1 x	500m	Cr	09:47	00:00	00:00	500m

Total: 2900m

DOLPHIN

WORKOUT 2 FOR WEEK 12

21 WEEKS UNTIL COMPETITION

STRENGTH TRAINING WITH PADDLES (4 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	4 x	200m	15 Br (max acceleration without pushing from pool side (water start)) + 85 Cr + 100 Bf-slap (5lt-5rt)	04:11	00:20	00:30	800m
3	1 x	800m	Cr with Pull-Buoy + Paddles (after each 100m turn, 15m sprint)	13:07	00:00	00:30	800m
4	6 x	100m	25 Bf-Dive + 25 Cr + 50 Bk	02:04	00:10	00:00	600m
Total:							2600m

DOLPHIN

WORKOUT 3 FOR WEEK 12

21 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (10 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	Cr	05:50	00:00	00:20	300m
2	3 x	100m	Md (Cr instead of Bf)	02:11	00:10	00:20	300m
3	1 x	300m	Cr	05:31	00:00	00:20	300m
4	3 x	100m	Cr with Pull-Buoy	01:40	00:10	00:20	300m
5	1 x	300m	Cr	05:31	00:00	00:20	300m
6	3 x	100m	Cr with Pull-Buoy	01:40	00:10	00:20	300m
7	1 x	300m	Cr	05:31	00:00	00:20	300m
8	3 x	100m	Md (Cr instead of Bf)	02:11	00:10	00:20	300m
9	20 x	50m	15 Cr-kicks + 35 Cr	00:58	00:05	00:30	1000m
10	1 x	200m	Free cool down	04:27	00:00	00:00	200m

Total: 3600m

DOLPHIN

WORKOUT 4 FOR WEEK 12

21 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A FOCUS ON HYPOXIA TRAINING (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up (no Cr)	08:54	00:00	00:20	400m
2	10 x	100m	50 Cr (increase speed up to 80%) + 15 dive + 35 Bk-Br-Bf	02:04	00:15	00:20	1000m
3	8 x	50m	Md-Change	01:02	00:05	00:45	400m
4	1 x	1500m	Cr (change each 25m: 2-arms, 3-arms, 4-arms, 5-arms, (...) x-arms) (start again with 2-arms when breathing rhythm cannot be held anymore)	29:31:00	00:00	00:30	1500m
5	1 x	300m	50 Br + 50 Bk alternating	07:17	00:00	00:00	300m

Total: 3600m

DOLPHIN

WORKOUT 5 FOR WEEK 12

21 WEEKS UNTIL COMPETITION

RECOVERY (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	100m	Cr (fist)	01:59	00:00	00:10	200m
2	2 x	100m	Cr (open hand)	01:59	00:00	00:10	200m
3	1 x	200m	Cr (high elbow)	03:57	00:00	00:20	200m
4	4 x	150m	50 Cr (with Br-kicks) + 100 Cr	03:07	00:15	00:20	600m
5	4 x	100m	25 Bf-slap + 25 Br-arms in dorsal position + 50 Cr	02:20	00:15	00:20	400m
6	1 x	200m	Cr in slow motion	04:35	00:00	00:00	200m
Total:							1800m

DOLPHIN

WORKOUT 1 FOR WEEK 13

20 WEEKS UNTIL COMPETITION

STRENGTH WITH SHORT MAXIMAL INCREASES (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	4 x	150m	75 Cr + 25 Br + 25 Bk + 25 Bf-Kicks in side position	03:24	00:05	00:45	600m
2	6 x	50m	15 Cr (max acceleration with water start (no push off from pool side)) + 35 Cr (moderate speed)	00:42	00:15	00:20	300m
3	1 x	200m	Bk	04:39	00:00	00:30	200m
4	6 x	50m	15 Cr (max acceleration with water start - without pushing from pool side) + 35 Cr (moderate speed)	00:42	00:15	00:20	300m
5	1 x	200m	Bk	04:39	00:00	00:30	200m
6	6 x	50m	25 Cr with Paddles (max acceleration with water start - without pushing from pool side) + 25 Cr (moderate speed)	00:42	00:15	00:20	300m
7	1 x	200m	Bk	04:39	00:00	00:20	200m
8	1 x	400m	Br (slow speed with quick turn)	10:25	00:00	00:20	400m
9	1 x	300m	Free cool down	05:55	00:00	00:00	300m

Total: 2800m

DOLPHIN

WORKOUT 2 FOR WEEK 13

20 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - MEDLEY (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	300m	100 Cr + 50 Cr-fist + 50 Cr with open hand + 100 Cr	05:40	00:10	00:20	600m
2	2 x	200m	50 Cr + 50 Cr-slap + 50 Polo-Cr + 50 Dog-pad	04:26	00:10	00:20	400m
3	20 x	50m	Md-Change	01:04	00:06	00:20	1000m
4	5 x	200m	25 Cr-kicks + 175 Cr (OM)	04:01	00:15	00:20	1000m
5	1 x	400m	Free cool down	08:45	00:00	00:00	400m
Total:							3400m

DOLPHIN

WORKOUT 3 FOR WEEK 13

20 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH PADDLES AND FINS (13 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	4 x	250m	25 Bf + 50 Bk + 75 Br + 100 Cr	05:34	00:15	00:30	1000m
2	1 x	300m	Cr	05:34	00:00	00:20	300m
3	1 x	300m	Cr-arms (with Pull-Buoy)	05:24	00:00	00:20	300m
4	1 x	300m	Cr-arms (with Pull-Buoy + Paddles)	05:05	00:00	00:20	300m
5	1 x	300m	Cr with fins	05:05	00:00	00:20	300m
6	1 x	300m	Cr with Paddles	05:05	00:00	00:20	300m
7	1 x	300m	Cr (with fins + paddles)	04:54	00:00	00:20	300m
8	1 x	300m	Cr with Paddles	05:05	00:00	00:20	300m
9	1 x	300m	Cr with fins	05:05	00:00	00:20	300m
10	1 x	300m	Cr-arms (with Pull-Buoy + Paddles)	05:05	00:00	00:20	300m
11	1 x	300m	Cr-arms (with Pull-Buoy)	05:24	00:00	00:20	300m
12	1 x	300m	Cr	05:34	00:00	00:20	300m
13	1 x	200m	50 Br + 50 Bk alternating	05:05	00:00	00:00	200m

Total: 4500m

DOLPHIN

WORKOUT 4 FOR WEEK 13

20 WEEKS UNTIL COMPETITION

RECOVERY (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	Free warm-up	05:55	00:00	00:20	300m
2	1 x	100m	15 dive (with Cr-kicks and arms in front of the body) + 85 Cr	01:59	00:00	00:20	100m
3	1 x	100m	Cr (high elbow)	01:59	00:00	00:20	100m
4	1 x	100m	Cr (overlap behind back)	01:52	00:00	00:20	100m
5	1 x	100m	Roll along roll axis (roll after each 2-3 strokes over lt and rt side from Cr to Bk and vice versa)	02:04	00:00	00:20	100m
6	1 x	100m	25 Br (Bf-kicks. Move arms forward above the water) + 75 Br	02:36	00:00	00:20	100m
7	1 x	100m	50 Bk (25m only with rt-arm + 25m only lt arm alternating) + 50 Bk	02:36	00:00	00:20	100m
8	1 x	300m	50 Cr + 50 Bk-Br-Bf alternating	06:12	00:00	00:20	300m
9	1 x	300m	50 Cr in slow motion + 50 Cr alternating	06:40	00:00	00:00	300m

Total: 1500m

DOLPHIN

WORKOUT 5 FOR WEEK 13

20 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT SPEED INCREASES AND A FOCUS ON FREQUENCY DEVELOPMENT (7 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	6 x	50m	Cr (increase speed until 80%)	00:50	00:15	00:20	300m
3	1 x	200m	50 Cr + 50 Bk-Br-Bf alternating	04:27	00:00	00:30	200m
4	6 x	100m	Cr (1st 50m: increase speed until 80% + 25 sprint with max frequency + 25 slow pace)	01:40	00:15	00:20	600m
5	1 x	200m	50 Cr + 50 Bk-Br-Bf alternating	04:27	00:00	00:30	200m
6	6 x	100m	Cr with fins	01:30	00:15	00:30	600m
7	2 x	150m	50 Br + 4 x 25 Kicks in Md-order	04:00	00:00	00:00	300m

Total: 2600m

DOLPHIN

WORKOUT 1 FOR WEEK 14

19 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT SPRINTS (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	25 Cr-fist + 25 Cr-open hand + 25 Cr alternating	05:45	00:00	00:30	300m
2	16 x	25m	Cr	00:17	00:15	00:30	400m
3	1 x	300m	Md without Bf	06:52	00:00	00:30	300m
4	1 x	800m	Cr (quick turn)	14:53	00:00	00:30	800m
5	2 x	200m	Free cool down	04:09	00:00	00:00	400m
Total:							2200m

DOLPHIN

WORKOUT 2 FOR WEEK 14

19 WEEKS UNTIL COMPETITION

SPEED TRAINING AND STANDARD TEST. USE THE STANDARD TEST FOR AN INTENSIVE TRAINING AND FOR ADJUSTING YOUR CURRENT PERFORMANCE (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	100m	75 Cr + 25 Bk	02:07	00:00	00:20	200m
2	4 x	100m	100 Md (Cr instead Bf)	02:13	00:10	00:20	400m
3	4 x	50m	15 Cr (max speed) + 35 Bk-Br-Bf (moderate speed)	01:14	00:10	00:30	200m
4	1 x	100m	Cr (water start) TEST!	max	00:00	00:30	100m
5	1 x	100m	50 Cr + 50 Bk	02:13	00:00	00:10	100m
6	1 x	100m	50 Cr (long floating) + 50 Br (1 arm stroke and 2 kicks alternating)	02:36	00:00	00:10	100m
7	1 x	100m	50 Bf-slap (2rt/2lt) + 50 Cr	02:36	00:00	00:30	100m
8	1 x	1000m	Cr (water start) TEST!	max	00:00	00:30	1000m
9	1 x	300m	Free cool down (200m no Cr)	07:04	00:00	00:00	300m
Total:							2500m

DOLPHIN

WORKOUT 3 FOR WEEK 14

19 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (11 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr-fist	04:09	00:00	00:20	200m
2	4 x	25m	De	00:26	00:10	00:20	100m
3	4 x	50m	Br	01:06	00:10	00:20	200m
4	4 x	100m	Cr	01:40	00:15	00:20	400m
5	4 x	200m	Cr with Paddles	03:07	00:15	00:20	800m
6	1 x	300m	Cr	05:12	00:00	00:20	300m
7	4 x	200m	Cr with Paddles	03:07	00:15	00:20	800m
8	4 x	100m	Cr	01:40	00:15	00:20	400m
9	4 x	50m	Br	01:06	00:10	00:20	200m
10	4 x	25m	De	00:26	00:10	00:20	100m
11	1 x	200m	50 Bf-dive + 100 Cr (slow motion) + 50 Bk-Br-Bf	04:47	00:00	00:00	200m

Total: 3700m

DOLPHIN

WORKOUT 4 FOR WEEK 14

19 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - OVERLONG WITH LONG FARTLEKS. FOR THIS UNIT IMAGINE YOUR PERSONAL RANGE OF PERFORMANCE IN 5 SPEED LEVELS. CHANGE BETWEEN THOSE LEVELS AS EXPLAINED IN THE PLAN. 1 EQUALS MODERATE SPEED TO RECOVER AND 5 EQUALS THE ENVISAGED RACE SPEED. (6 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Cr	07:52	00:00	00:20	400m
2	8 x	50m	Md-Change	01:06	00:10	00:20	400m
3	1 x	1000m	Cr (change speed each 100m between personal speed levels 1-3)	18:43	00:00	02:00	1000m
4	1 x	1000m	Cr (change speed each 100m 'by feel' between personal speed levels 1-5)	18:03	00:00	02:00	1000m
5	1 x	1000m	Cr (change speed 'by feel' each 50m between personal speed levels 3-5)	17:03	00:00	02:00	1000m
6	1 x	1000m	Cr (change speed each 100m between personal speed levels 1-3)	19:03	00:00	00:00	1000m
							Total: 4800m

DOLPHIN

WORKOUT 5 FOR WEEK 14

19 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - 200S IN DIFFERENT MEDLEYS (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	250m	25 Bf + 50 Bk + 75 Br + 100 Cr	05:34	00:10	00:20	500m
2	5 x	200m	50 Bf-slap (2rt-2lt-2OM) + 150 Cr	04:03	00:10	00:30	1000m
3	5 x	200m	Cr (take each 20m head out of water until any aim for orientation is well focussed with eyes) Information: Search for aims at each ends of the pool (e.g. starting block) to support orientation training for open water swimming	03:47	00:10	00:30	1000m
4	5 x	200m	25 dive + 25 Cr-kicks + 150 Cr	04:15	00:10	00:30	1000m
5	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total							3700m

DOLPHIN

W O R K O U T 1 F O R W E E K 1 5

1 8 W E E K S U N T I L C O M P E T I T I O N

T E C H N I C A L T R A I N I N G W I T H A F O C U S O N T H E A B I L I T Y T O R H Y T H M I Z E (6 T A S K S)

		D i s t a n c e	D e s c r i p t i o n	T e m p o	B r e a k a f t e r R e p e t i t i o n	B r e a k a f t e r S e r i e s	T o t a l
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	3 x	200m	Cr with moderate 6-kicks (each 50m alternating: emphasize each 3rd kick and each 6th kick)	03:41	00:15	00:20	600m
3	3 x	200m	Cr (each 50m alternating: make a short break after each 3rd and each 6th arm stroke and float for half a second)	03:51	00:15	00:20	600m
4	3 x	100m	Bf-slap (2lt-2rt-3lt-3rt-4lt-4rt...)	02:23	00:15	00:20	300m
5	3 x	100m	Cr-arms (1lt-3rt-3lt-1rt-1lt-3rt-3lt-1rt etc.) with Pull-Buoy	01:59	00:15	00:20	300m
6	3 x	100m	25 Cr (arm strokes; overlap behind back - high elbow - short break) + 75 Cr	01:59	00:15	00:00	300m

Total: 2500m

DOLPHIN

W O R K O U T 2 F O R W E E K 1 5

1 5 W E E K S U N T I L C O M P E T I T I O N

B A S I C E N D U R A N C E T R A I N I N G - L O N G E R S T E A D Y B L O C K S (7 T A S K S)

	D i s t a n c e		D e s c r i p t i o n	T e m p o	B r e a k a f t e r R e p e t i t i o n	B r e a k a f t e r S e r i e s	T o t a l
1	4 x	50m	Mini-Md	01:06	00:05	00:20	200m
2	6 x	50m	Cr-kicks	01:33	00:10	00:30	300m
3	1 x	800m	Cr (20min steady swimming) Information: appr. 800m-1200m	20min steady	00:00	00:30	800m
4	1 x	900m	Cr with Paddles (20min steady swimming) Information: appr. 900m-1300m	20min steady	00:00	00:30	900m
5	1 x	100m	Cr	01:52	00:00	00:10	100m
6	1 x	100m	Cr-fist	01:59	00:00	00:10	100m
7	1 x	200m	50 Cr + 50 Bk alternating	04:27	00:00	00:00	200m
Total:							2600m

DOLPHIN

WORKOUT 3 FOR WEEK 15

18 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - PROGRESSIVE 100S (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	Free warm-up	05:50	00:00	00:30	300m
2	3 x	100m	Cr (swim each 2nd and 3rd repetition 3sec faster than the previous)	01:48	00:10	00:30	300m
3	2 x	100m	Br (each 2nd and 3rd repetition faster than the 1st)	02:23	00:10	00:30	200m
4	3 x	100m	Cr (swim each 2nd and 3rd repetition 3sec faster than the previous)	01:48	00:10	00:30	300m
5	2 x	100m	Br (each 2nd and 3rd repetition faster than the 1st)	02:23	00:10	00:30	200m
6	3 x	100m	Cr (swim each 2nd and 3rd repetition 3sec faster than the previous)	01:48	00:10	00:30	300m
7	8 x	150m	25 Bk-Br-Bf + 50 Br + 75 Cr	03:29	00:10	00:30	1200m
8	1 x	600m	Cr - increase speed continuously	10:31	00:00	00:30	600m
9	1 x	200m	Free cool down (no Cr)	04:59	00:00	00:00	200m

Total: 3600m

DOLPHIN

WORKOUT 4 FOR WEEK 15

18 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT SPRINTS AND SPEED INCREASES (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	150m	75 Cr + 50 Bk + 25 Br	03:27	00:00	00:10	150m
2	1 x	150m	25 Br + 50 Bk + 75 Cr	03:27	00:00	00:10	150m
3	6 x	50m	25 Cr (after 15m; increase speed promptly until 100%) + 25 Bk (active recovery)	00:53	00:15	00:45	300m
4	6 x	50m	25 Cr (increase speed continuously until 100%) + 25 Bk (active recovery)	00:53	00:15	00:45	300m
5	1 x	400m	100 Bf-slap (5rt-5lt-2OM) + 100 Bk-slap + 100 Br (4-arms / 2-kicks) + 100 Cr-slap	09:41	00:00	00:30	400m
6	8 x	50m	25 Polo-Cr (max) + 25 Cr (max)	00:41	00:30	00:30	400m
7	1 x	400m	100 Bf-slap (5rt-5lt-2OM) + 100 Bk-slap + 100 Br (4-arms / 2-kicks) + 100 Cr-slap	09:41	00:00	00:30	400m
8	1 x	600m	Cr with Paddles (each 60-70m 3-4 strokes with max speed)	10:11	00:00	00:20	600m
9	1 x	200m	Free cool down	04:58	00:00	00:00	200m

Total: 2900m

DOLPHIN

WORKOUT 5 FOR WEEK 15

18 WEEKS UNTIL COMPETITION

RECOVERY (11 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	50 Cr + 50 Cr-slap alternating	04:01	00:00	00:20	200m
2	8 x	50m	Mini-Md	01:06	00:10	00:20	400m
3	1 x	100m	Bk (accented rolling along longitudinal)	02:17	00:00	00:15	100m
4	1 x	100m	Cr (high elbow)	01:54	00:00	00:15	100m
5	1 x	100m	Cr (overlap behind back)	01:54	00:00	00:15	100m
6	1 x	100m	Bf-slap (4lt-4rt)	02:17	00:00	00:15	100m
7	1 x	100m	Bk (accented rolling along longitudinal)	02:10	00:00	00:15	100m
8	1 x	100m	Cr (high elbow)	01:54	00:00	00:15	100m
9	1 x	100m	Cr (overlap behind back)	01:54	00:00	00:15	100m
10	1 x	100m	Bf-slap (4lt-4rt)	02:10	00:00	00:15	100m
11	2 x	300m	Cr (roll turns alternating over the left and right shoulder)	05:53	00:00	00:00	600m

Total: 2000m

DOLPHIN

WORKOUT 1 FOR WEEK 16

17 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (10 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	50 Cr + 50 Cr-fist alternating	04:01	00:00	00:10	200m
2	8 x	25m	Kicks in Md-order	00:43	00:05	00:30	200m
3	1 x	800m	Cr with Paddles	12:52	00:00	00:30	800m
4	1 x	400m	Cr (swim 25m Polo-Cr in each 100m)	07:02	00:00	00:30	400m
5	1 x	200m	Cr (5-arms)	03:31	00:00	00:15	200m
6	1 x	200m	Cr (2-arms)	03:26	00:00	00:15	200m
7	1 x	200m	Cr (5-arms)	03:31	00:00	00:30	200m
8	1 x	400m	Cr (swim 25m Polo-Cr in each 100m)	07:02	00:00	00:30	400m
9	1 x	800m	Cr with Paddles	12:50	00:00	00:30	800m
10	1 x	200m	Free cool down (no Cr)	04:58	00:00	00:00	200m

Total: 3600m

DOLPHIN

WORKOUT 2 FOR WEEK 16

17 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	100 Cr + 50 Cr-fist + 50 Cr with open hand + 100 Cr	06:08	00:00	00:20	300m
2	1 x	200m	50 Br (with Cr-kicks) + 50 Cr + 100 Bk	04:11	00:00	00:15	200m
3	1 x	200m	50 Cr (with Br-kicks) + 50 Bk + 100 Cr	03:53	00:00	00:15	200m
4	1 x	200m	50 Br (with Cr-kicks) + 50 Cr + 100 Bk	04:11	00:00	00:15	200m
5	1 x	200m	50 Cr (with Br-kicks) + 50 Bk + 100 Cr	03:53	00:00	00:30	200m
6	2 x	500m	50 Bf-slap (4rt-4lt-2OM) + 100 Bk + 150 Br + 25 Bf-dive + 175 Cr	10:45	00:30	01:00	1000m
7	2 x	600m	50 Cr (2-kicks) + 50 Cr (6-kicks) alternating	10:37	00:30	01:00	1200m
8	1 x	200m	75 Br + 25 Combo-Br	05:12	00:00	00:20	200m
9	1 x	100m	Cr (slow motion)	02:10	00:00	00:00	100m

Total: 3600m

DOLPHIN

WORKOUT 3 FOR WEEK 16

17 WEEKS UNTIL COMPETITION

SPEED TRAINING - LONG SPRINTS WITH FINIS (8 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	25 Cr-fist + 25 Cr-open hand + 25 Cr alternating	06:08	00:00	00:20	300m
2	1 x	200m	Bf-slap (5lt-5rt-3OM)	04:47	00:00	00:30	200m
3	6 x	100m	15 Bf-kicks in side position + 35 Cr (max speed) + 50 Cr (active recovery) (with fins)	01:46	00:20	00:30	600m
4	1 x	200m	50 Bk-Br-Bf + 50 Cr alternating	04:28	00:00	00:30	200m
5	6 x	100m	100 Cr with fins, split into; 25 Cr (6-kicks with max speed) + 25 Cr (2-kicks with max speed) + 50 Cr (active recovery)	01:32	00:30	00:30	600m
6	1 x	200m	50 Bk-Br-Bf + 50 Cr alternating	04:28	00:00	00:20	200m
7	1 x	800m	Cr-arms with Pull-Buoy	13:07	00:00	00:20	800m
8	1 x	300m	Free cool down	05:53	00:00	00:00	300m

Total: 3200m

DOLPHIN

WORKOUT 4 FOR WEEK 16

17 WEEKS UNTIL COMPETITION

RECOVERY (3 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Cr	07:55	00:00	00:30	400m
2	4 x	50m	15 Cr (max speed) + 35 Bk-Br-Bf (moderate speed)	01:14	00:30	01:00	200m
3	4 x	300m	4 x 25 kicks in Md-order + 50 Bf-slap + 100 Md (Cr instead Bf) + 50 Ile de Fonso	07:41	00:45	00:00	1200m
Total:							1800m

DOLPHIN

WORKOUT 5 FOR WEEK 16

17 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (4 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:56	00:00	00:20	200m
2	4 x	50m	15 Dive + 35 Cr	01:00	00:10	00:30	200m
3	5 x	600m	100 Md + 500 Cr	10:50	00:45	01:00	3000m
4	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 3600m

DOLPHIN

WORKOUT 1 FOR WEEK 17

16 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (6 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	Free warm-up	05:53	00:00	00:20	300m
2	6 x	100m	25 Cr-kicks + 50 Br-kicks + 25 Cr	02:41	00:10	00:45	600m
3	6 x	200m	Cr	03:31	00:10	00:45	1200m
4	12 x	100m	Md (swim one stroke with more force each time)	02:06	00:10	00:30	1200m
5	1 x	400m	Cr (increase speed continuously)	07:10	00:00	00:20	400m
6	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							3900m

DOLPHIN

WORKOUT 2 FOR WEEK 17

16 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - OVERLONG WITH LONG FARTLEKS (WET SUIT). FOR THIS UNIT IMAGINE YOUR PERSONAL RANGE OF PERFORMANCE IN 5 SPEED LEVELS. CHANGE BETWEEN THOSE LEVELS AS EXPLAINED IN THE PLAN. 1 EQUALS MODERATE SPEED TO RECOVER AND 5 EQUALS THE ENVISAGED RACE SPEED (7 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	01:00	400m
2	1 x	1000m	Cr (change speed each 100m between personal speed levels 1-3) (with wet suit)	17:53	00:00	01:30	1000m
3	1 x	1000m	Cr (change speed each 100m between personal speed levels 2-4) (with wet suit)	16:53	00:00	01:30	1000m
4	1 x	1000m	Cr (change speed 'by feel' each 100m between personal speed levels 3-5) (in wet suit)	16:12	00:00	03:00	1000m
5	2 x	50m	25 Cr with increasing speed + 25 Cr for active recovery (without wet suit)	00:50	00:20	00:30	100m
6	2 x	150m	75 Cr + 50 Bk + 25 Br (without wet suit)	03:29	00:20	00:30	300m
7	1 x	200m	Free cool down (without wet suit)	03:56	00:00	00:00	200m

Total: 4000m

DOLPHIN

WORKOUT 3 FOR WEEK 17

16 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT HIGH INTENSIVE INTERVALS (8 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Free warm-up	03:56	00:00	00:20	200m
2	4 x	75m	25 Cr-kicks + 50 Br	02:08	00:15	00:30	300m
3	10 x	15m	Cr (max speed)	00:12	00:05	00:20	150m
4	1 x	50m	Combo-Br	01:12	00:00	00:20	50m
5	1 x	500m	100 Bk + 100 Bf-slap (4rt-4lt) + 300 Cr	10:12	00:00	00:30	500m
6	20 x	25m	20 Cr (max speed) + 5m floating	00:20	00:05	00:30	500m
7	1 x	500m	100 Bk + 100 Bf-slap (4rt-4lt) + 300 Cr	10:12	00:00	00:30	500m
8	1 x	800m	Cr	14:53	00:00	00:00	800m

Total: 3000m

DOLPHIN

WORKOUT 4 FOR WEEK 17

16 WEEKS UNTIL COMPETITION

RECOVERY (4 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:45	00:00	00:20	200m
2	8 x	50m	Md-Change	01:08	00:05	00:20	400m
3	3 x	200m	50 Bk-Br-Bf + 50 Bk + 100 Cr	04:27	00:15	00:30	600m
4	1 x	800m	25 Dive + 75 Cr alternating (swim Cr only as fast that diving is possible each time)	20:50	00:00	00:00	800m

Total: 2000m

DOLPHIN

WORKOUT 5 FOR WEEK 17

16 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - FOCUS ON MEDLEY WITHOUT BF (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	4 x	150m	(75 Cr + 25 Br + 25 Bk + 25 Bf-Kicks in side position)	03:12	00:05	00:30	600m
2	4 x	200m	Cr	03:32	00:15	00:30	800m
3	4 x	100m	4 x 25 Kicks in Md-order	02:43	00:10	00:30	400m
4	6 x	250m	50 Cr + 50 Bk + 50 Cr + 50 Br + 50 Cr	05:06	00:15	00:20	1500m
5	1 x	300m	Free cool down (no Cr)	05:53	00:00	00:00	300m

Total: 3600m

DOLPHIN

WORKOUT 1 FOR WEEK 18

15 WEEKS UNTIL COMPETITION

SPEED TRAINING - SPRINTS AND SPEED INCREASES WITH FINS (8 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	50 Cr + 50 Bk alternating	06:40	00:00	00:20	300m
2	6 x	50m	10 Bf + 40 Cr-slap	01:08	00:15	00:30	300m
3	6 x	100m	15 Cr-kicks with max frequency (arms lay straight in front of the head) + 35 Cr (max speed) + 50 Combo-Br (active recovery)	01:59	00:10	00:30	600m
4	2 x	200m	75 Cr + 25 Bk alternating	03:53	00:15	00:45	400m
5	6 x	100m	Cr with fins split in; 75 Cr (increase speed to 100%) + 25 Cr (active recovery)	01:36	00:15	00:30	600m
6	2 x	200m	75 Cr + 25 Bk alternating	03:53	00:15	00:45	400m
7	6 x	50m	Cr with fins (max speed): 1st 25m with intensive kicking + 2nd 25m intensive arm strokes (keep high pace all the time)	00:36	00:45	00:30	300m
8	2 x	200m	75 Cr + 25 Bk alternating	03:53	00:00	00:00	400m

Total: 3300m

DOLPHIN

WORKOUT 2 FOR WEEK 18

15 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - LONG ACCELERATION (11 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	200m	50 Cr + 50 Cr-fist + 50 Polo-Cr + 50 Cr	04:27	00:10	00:20	400m
2	6 x	150m	Cr (Increase speed each 50m)	02:29	00:10	00:30	900m
3	1 x	100m	Bf-slap (4rt/4lt/2OM) (Increase speed continuously until 90%)	02:11	00:00	00:10	100m
4	1 x	200m	Bk (increase speed continuously until 90%)	04:28	00:00	00:15	200m
5	1 x	300m	Br (increase speed continuously until 90%)	07:00	00:00	00:20	300m
6	1 x	400m	Cr (increase speed continuously until 90%)	07:02	00:00	00:30	400m
7	1 x	100m	Bf-slap (4rt/4lt/2OM) (Increase speed continuously until 90%)	02:11	00:00	00:10	100m
8	1 x	200m	Bk (increase speed continuously until 90%)	04:28	00:00	00:15	200m
9	1 x	300m	Br (increase speed continuously until 90%)	07:00	00:00	00:20	300m
10	1 x	400m	Cr (increase speed continuously until 90%)	07:02	00:00	00:30	400m
11	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							3500m

DOLPHIN

WORKOUT 3 FOR WEEK 18

15 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - OVERLONG WITH LONG FARTLEKS (WITH WET SUIT).
FOR THIS UNIT IMAGINE YOUR PERSONAL RANGE OF PERFORMANCE IN 5 SPEED
LEVELS. CHANGE BETWEEN THOSE LEVELS AS EXPLAINED IN THE PLAN. 1 EQUALS
MODERATE SPEED TO RECOVER AND 5 EQUALS THE ENVISAGED RACE SPEED (4
TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:30	400m
2	4 x	500m	Cr (1st and 3rd 500m with intensive 6-kicks)	08:26	00:30	01:00	2000m
3	1 x	1500m	Cr (change speed each 100m between personal speed levels 2-5)	26:24:00	00:00	01:00	1500m
4	1 x	300m	Free cool down (without wet suit)	05:53	00:00	00:00	300m
Total:							4200m

DOLPHIN

WORKOUT 4 FOR WEEK 18

15 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (7 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	300m	50 Cr-kicks + 100 Md + 150 Cr	06:54	00:15	00:30	600m
2	3 x	300m	25 Bf-dive + 75 Br + 200 Cr	06:06	00:15	00:30	900m
3	1 x	400m	Cr	07:02	00:00	00:30	400m
4	1 x	600m	50 Bk + 50 Br + 50 Cr alternating	12:23	00:00	00:30	600m
5	1 x	400m	Cr	07:02	00:00	00:30	400m
6	1 x	600m	50 Bk + 50 Br + 50 Cr alternating	12:23	00:00	00:30	600m
7	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 3700m

DOLPHIN

WORKOUT 5 FOR WEEK 18

15 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING - BROKEN 200S (17 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	50 Cr-fist + 50 Cr (high elbow) alternating	04:09	00:00	00:20	200m
2	2 x	100m	4 x 25 Kicks in Md-order	02:44	00:00	00:30	200m
3	1 x	200m	Cr	03:32	00:00	00:15	200m
4	1 x	200m	Cr (8x25 with breaks of 2sec) <small>Information: Swim the broken 200s as fast as the 200s without break</small>	03:32	00:00	00:15	200m
5	1 x	200m	Cr	03:32	00:00	00:15	200m
6	1 x	200m	Cr (4x50 with breaks of 5sec)	03:32	00:00	00:15	200m
7	1 x	200m	Cr	03:32	00:00	00:15	200m
8	1 x	200m	Cr (2x100 with breaks of 10sec)	03:32	00:00	00:15	200m
9	1 x	200m	Cr	03:32	00:00	00:15	200m
10	1 x	200m	Cr (2x100 with breaks of 10sec)	03:32	00:00	00:15	200m
11	1 x	200m	Cr	03:32	00:00	00:15	200m
12	1 x	200m	Cr (4x50 with breaks of 5sec)	03:32	00:00	00:15	200m

DOLPHIN

13	1 x	200m	Cr	03:32	00:00	00:15	200m
14	1 x	200m	Cr (8x25 with breaks of 2sec)	03:32	00:00	00:15	200m
15	1 x	200m	Cr	03:32	00:00	00:30	200m
16	1 x	200m	50 Combo-Br + 50 Bk alternating	05:05	00:00	00:30	200m
17	1 x	200m	Free cool down (no Cr)	04:47	00:00	00:00	200m

Total: 3400m

DOLPHIN

WORKOUT 1 FOR WEEK 19

14 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON THE ABILITY TO DIFFERENTIATE (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Bf-slap	04:47	00:00	00:20	200m
2	2 x	200m	50 Cr-fist + 50 Dog-Pad + 100 Cr	04:47	00:10	00:20	400m
3	1 x	400m	Cr (100 in consistent speed, then increase or decrease speed)	07:17	00:00	00:30	400m
4	1 x	800m	Cr with (speed up / push hard with arm strokes and kicks)	12:48	00:00	00:30	800m
5	4 x	200m	50 Cr (high elbow) + 50 Cr (overlap behind back) + 100 Cr	04:28	00:20	00:00	800m

Total: 2600m

DOLPHIN

WORKOUT 2 FOR WEEK 19

14 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A FOCUS ON HYPOXIA TRAINING (8 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:51	00:00	00:20	200m
2	12 x	50m	Md-Change	01:02	00:10	00:30	600m
3	4 x	100m	Cr (4-arms)	Choose a speed that allows keeping the 4-stroke rythm/movement all the distance	00:15	00:30	400m
4	6 x	100m	Cr (6-arms)	Choose a speed that allows keeping the 6-stroke rythm/movement all the distance	00:15	00:30	600m
5	8 x	100m	Cr (9-arms)	Choose a speed that allows keeping the 9-stroke rythm/movement all the distance	00:15	00:30	800m
6	6 x	100m	Cr (6-arms)	Choose a speed that allows keeping the 6-stroke rythm/movement all the distance	00:15	00:30	600m
7	4 x	100m	Cr (4-arms)	Choose a speed that allows keeping the 4-stroke rythm/movement all the distance	00:15	00:30	400m
8	1 x	200m	Free cool down (no Cr)	04:58	00:00	00:00	200m

Total: 3800m

DOLPHIN

WORKOUT 3 FOR WEEK 19

14 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A FOCUS ON KICKING (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	50 Cr + 50 Bk alternating	06:41	00:00	00:20	300m
2	6 x	150m	4 x 25 Kicks in Md-order + 50 Cr	03:38	00:15	00:30	900m
3	6 x	200m	50 Cr-kicks + 50 Bf-slap (4rt/4lt)	02:36	00:15	00:30	1200m
4	3 x	300m	25 Dive + 275 Cr	05:21	00:20	00:30	900m
5	2 x	150m	50 Bk-Br-Bf + 50 Bk + 50 Cr (high elbow)	03:27	00:00	00:00	300m

Total: 3600m

DOLPHIN

WORKOUT 4 FOR WEEK 19

14 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT HIGH INTENSIVE INTERVALS (11 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	100m	Cr	01:52	00:00	00:10	100m
2	1 x	100m	Cr (high elbow)	01:59	00:00	00:10	100m
3	1 x	200m	Cr (25m lt-arm + 25m rt-arm alternating)	04:47	00:00	00:30	200m
4	6 x	50m	15 Cr-kicks (max) + 35 Cr active recovery	01:08	00:15	00:30	300m
5	1 x	100m	Combo-Br	02:36	00:00	00:45	100m
6	8 x	25m	Cr (max speed)	00:17	00:15	01:00	200m
7	1 x	400m	50 Cr + 50 Bk alternating	08:54	00:00	00:45	400m
8	8 x	25m	Cr (max)	00:17	00:05	01:00	200m
9	1 x	400m	50 Bf-slap (4rt/4lt) + 50 Br alternating	10:11	00:00	01:00	400m
10	1 x	100m	Cr (max speed)	01:25	00:00	01:30	100m
11	1 x	300m	Free cool down	05:53	00:00	00:00	300m

Total: 2400m

DOLPHIN

WORKOUT 5 FOR WEEK 19

14 WEEKS UNTIL COMPETITION

RECOVERY (2 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	10 x	75m	Md without Bf	01:49	00:15	01:00	750m
2	1 x	750m	Cr	14:42	00:00	00:00	750m

Total: 1500m

DOLPHIN

WORKOUT 1 FOR WEEK 20

13 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (4 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	8 x	100m	25 Polo-Cr + 75 Cr	01:59	00:10	00:30	800m
2	4 x	200m	50 Bk-slap + 50 Bk + 100 Cr	04:28	00:15	00:30	800m
3	3 x	300m	4 x 25 Kicks in Md-order + 200 Cr	06:25	00:20	00:30	900m
4	3 x	300m	Cr	05:43	00:20	00:00	900m

Total: 3400m

DOLPHIN

WORKOUT 2 FOR WEEK 20

13 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING - LONGER FARTLEKS WITH SHORT, INTENSIVE SPEED CHANGES (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up Information: If possible, swim this unit with wet suit and in open water. This workout is steered by time, not by distance. All distances are 'guiding values'. If you have no watch, try to count the seconds.	07:10	00:00	00:30	400m
2	1 x	700m	Cr (15min steady swimming) with 1min race speed + 30sec active recovery alternating <small>Information: appr. 700m-1100m</small>	15min steady	00:00	01:30	700m
3	1 x	700m	Cr (15min steady swimming) with 15sec max speed + 30sec active recovery alternating <small>Information: appr. 700m-1100m</small>	15min steady	00:00	01:30	700m
4	1 x	700m	Cr (15min steady swimming) with 15sec race speed + 15sec active recovery alternating <small>Information: appr. 700m-1100m</small>	15min steady	00:00	01:30	700m
5	1 x	300m	Free cool down (without wet suit)	05:53	00:00	00:00	300m
Total:							2800m

DOLPHIN

WORKOUT 3 FOR WEEK 20

13 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT HIGH INTENSIVE INTERVALS (14 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	50 Cr-Fist + 50 Cr alternating	04:03	00:00	00:30	200m
2	6 x	50m	Md-Change	01:02	00:10	00:30	300m
3	4 x	50m	Cr (increase speed until 80%)	00:50	00:15	00:30	200m
4	1 x	200m	50 Combo-Br + 50 Bk alternating	05:06	00:00	00:45	200m
5	8 x	25m	Cr (max speed)	00:17	00:15	00:45	200m
6	4 x	75m	Md without Bf (active recovery)	01:52	00:00	00:45	300m
7	4 x	50m	Cr (increase speed continuously until 90%)	00:45	00:15	00:30	200m
8	1 x	200m	50 Combo-Br + 50 Bk alternating	05:06	00:00	00:45	200m
9	8 x	25m	Cr (max speed)	00:17	00:10	00:45	200m
10	4 x	75m	Md without Bf (active recovery)	01:52	00:00	00:45	300m
11	4 x	50m	Cr (increase speed continuously until 90%)	00:45	00:15	00:30	200m
12	1 x	200m	50 Combo-Br + 50 Bk alternating	05:06	00:00	00:45	200m
13	8 x	25m	Cr (max speed)	00:17	00:05	00:45	200m
14	4 x	75m	Md without Bf (active recovery)	01:52	00:00	00:45	300m

Total: 3200m

DOLPHIN

WORKOUT 4 FOR WEEK 20

13 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - LONG 100S (4 TASKS)

	Distance			Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr		03:51	00:00	00:15	200m
2	1 x	200m	Bf-slap (5re/5li)		04:47	00:00	01:00	200m
3	30 x	100m	Cr		01:43	00:14	01:00	3000m
4	1 x	400m	Free cool down (no Cr)		09:57	00:00	00:00	400m

Total: 3800m

DOLPHIN

WORKOUT 5 FOR WEEK 20

13 WEEKS UNTIL COMPETITION

RECOVERY (3 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	600m	100 Cr + 50 Bk alternating	12:50	00:00	00:30	600m
2	2 x	250m	50 Cr (rt-arm) + 50 Cr (lt-arm) + 50 Cr + 50 Bk + 50 Br (4-arms/4-kicks)	05:53	00:30	00:30	500m
3	4 x	150m	25 Cr (max speed) + 125 Cr (active recovery)	03:43	00:20	00:00	600m
Total:							1700m

DOLPHIN

WORKOUT 1 FOR WEEK 21

12 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - OVERLONG WITH LONG FARTLEKS (WITH WET SUIT).
FOR THIS UNIT IMAGINE YOUR PERSONAL RANGE OF PERFORMANCE IN 5 SPEED
LEVELS. CHANGE BETWEEN THOSE LEVELS AS EXPLAINED IN THE PLAN. 1 EQUALS
MODERATE SPEED TO RECOVER AND 5 EQUALS THE ENVISAGED RACE SPEED (9
TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	50 Cr-fist + 50 Cr-open hand alternating	04:09	00:00	00:20	200m
2	2 x	100m	50 Cr + 25Cr-kicks + 25 Cr-slap	02:22	00:00	00:30	200m
3	1 x	500m	Cr (increase speed continuously during first 300m, keep high pace for 200m)	08:31	00:00	01:00	500m
4	1 x	500m	Cr (change each 50m 'by feel' between personal speed levels 1-3-5)	09:01	00:00	01:30	500m
5	1 x	500m	Cr (increase speed continuously during first 300m, keep high pace for 200m)	08:31	00:00	01:00	500m
6	1 x	500m	Cr (change each 50m 'by feel' between personal speed levels 1-3-5)	09:01	00:00	01:30	500m
7	1 x	500m	Cr (increase speed continuously during first 300m, keep high pace for 200m)	08:31	00:00	01:00	500m
8	1 x	500m	Cr (change each 50m 'by feel' between personal speed levels 1-3-5)	09:01	00:00	01:30	500m
9	1 x	200m	Free cool down (without wet suit)	03:56	00:00	00:00	200m

Total: 3600m

DOLPHIN

WORKOUT 2 FOR WEEK 21

12 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING WITH PADDLES AND FINS (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Free warm-up	03:56	00:00	00:30	200m
2	6 x	50m	15 Bf-Dive + 35 Bf-kicks in side position	01:19	00:15	00:45	300m
3	6 x	200m	Cr-arms (with Pull-Buoy + Paddles)	03:07	00:24	01:00	1200m
4	6 x	200m	Cr with fins (6-kicks)	03:01	00:30	01:30	1200m
5	1 x	800m	Cr with Paddles	12:32	00:00	01:00	800m
6	1 x	200m	Cool down (50 Bk-Br-Bf + 50 Bk alternating)	05:06	00:00	00:00	200m
Total:							3900m

DOLPHIN

WORKOUT 3 FOR WEEK 21

12 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING - 50S (6 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	100 Cr + 50 Polo-Cr alternating	06:08	00:00	00:30	300m
2	12 x	50m	Md-Change	00:59	00:15	01:30	600m
3	20 x	50m	Cr	00:48	00:15	01:30	1000m
4	1 x	100m	Bk-Br-Bf (active recovery)	02:42	00:00	01:00	100m
5	20 x	50m	Cr	00:48	00:10	01:30	1000m
6	1 x	400m	Md (Bf as long as possible; rest of the 100m Bf-slap (2rt/2lt))	09:35	00:00	00:00	400m
Total:							3400m

DOLPHIN

WORKOUT 4 FOR WEEK 21

12 WEEKS UNTIL COMPETITION

RECOVERY (3 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	50 Cr + 25 Combo-Br + 25 Bk-Br-Bf alternating	09:09	00:00	00:30	400m
2	10 x	100m	Free tech-train	02:04	00:15	00:30	1000m
3	6 x	100m	15 dive + 85 Cr (6-arms)	02:04	00:20	00:00	600m
Total:							2000m

DOLPHIN

WORKOUT 5 FOR WEEK 21

12 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - MEDLEY AND LONG SPEED INCREASES (8 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:51	00:00	00:20	200m
2	2 x	100m	25 Dog-pad + 25 Polo-Cr + 50 Cr	02:10	00:00	00:20	200m
3	3 x	300m	25 Bf + 50 Bk + 75 Br + 150 Cr (swim one stroke with some more force)	06:14	00:15	00:45	900m
4	8 x	50m	Cr	00:50	00:05	01:00	400m
5	6 x	100m	Cr	01:40	00:10	01:30	600m
6	1 x	600m	Cr (increase speed each 200s)	10:21	00:00	01:00	600m
7	3 x	300m	25 Bf + 50 Bk + 75 Br + 150 Cr (swim one stroke with some more force)	06:14	00:15	00:45	900m
8	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 4000m

DOLPHIN

WORKOUT 1 FOR WEEK 22 11 WEEKS UNTIL COMPETITION
STRENGTH ENDURANCE TRAINING - BROKEN 200S WITH PADDLES (14 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:51	00:00	00:30	200m
2	8 x	50m	Md-Change	01:02	00:10	01:00	400m
3	6 x	400m	Cr (all 50m quick turn)	07:05	00:00	01:00	2400m
4	1 x	200m	Cr with Paddles	03:01	00:00	00:20	200m
5	1 x	200m	Cr with Paddles (split in 4x50 with 3s break)	03:13	00:00	00:20	200m
6	1 x	200m	Cr with Paddles	03:01	00:00	00:20	200m
7	1 x	200m	Cr with Paddles (split in 4x50 with 3s break)	03:13	00:00	00:20	200m
8	1 x	200m	Cr with Paddles	03:01	00:00	00:20	200m
9	1 x	200m	Cr with Paddles (split in 4x50 with 3s break)	03:13	00:00	00:20	200m
10	1 x	200m	Cr with Paddles	03:01	00:00	00:20	200m
11	1 x	200m	Cr with Paddles (split in 4x50 with 3s break)	03:13	00:00	00:20	200m
12	1 x	200m	Cr with Paddles	03:01	00:00	00:20	200m
13	1 x	200m	Cr with Paddles (split in 4x50 with 3s break)	03:13	00:00	00:20	200m
14	1 x	200m	Combo-Br	05:12	00:00	00:00	200m

Total: 5200m

DOLPHIN

WORKOUT 2 FOR WEEK 22

11 WEEKS UNTIL COMPETITION

SPEED TRAINING AND STANDARD TEST. USE THE STANDARD TEST FOR AN INTENSIVE TRAINING AND FOR ADJUSTING YOUR CURRENT PERFORMANCE (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	100m	75 Cr + 25 Bk	02:07	00:00	00:20	200m
2	4 x	100m	100 Md (Cr instead Bf)	02:13	00:10	00:20	400m
3	4 x	50m	15 Cr (max speed) + 35 Bk-Br-Bf (moderate speed)	01:14	00:10	00:30	200m
4	1 x	100m	Cr (water start) TEST!	max	00:00	00:30	100m
5	1 x	100m	50 Cr + 50 Bk	02:13	00:00	00:10	100m
6	1 x	100m	50 Cr (long floating) + 50 Br (1 arm stroke and 2 kicks alternating)	02:36	00:00	00:10	100m
7	1 x	100m	50 Bf-slap (2rt/2lt) + 50 Cr	02:36	00:00	00:30	100m
8	1 x	1000m	Cr (water start) TEST!	max	00:00	00:30	1000m
9	1 x	300m	Free cool down (200m no Cr)	07:04	00:00	00:00	300m
Total:							2500m

DOLPHIN

WORKOUT 3 FOR WEEK 22

11 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - OVERLONG; WITH LONG FARTLEKS AND FAST 800S. FOR THIS UNIT IMAGINE YOUR PERSONAL RANGE OF PERFORMANCE IN 5 SPEED LEVELS. CHANGE BETWEEN THOSE LEVELS AS EXPLAINED IN THE PLAN. 1 EQUALS MODERATE SPEED TO RECOVER AND 5 EQUALS THE ENVISAGED RACE SPEED (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	200m	100 Md + 4x25 Kicks in Md-order	05:06	00:15	00:30	400m
2	1 x	1200m	Cr (change speed each 100m 'by feel' between personal speed levels 2-4)	21:53	00:00	01:00	1200m
3	1 x	800m	Cr	14:32	00:00	01:30	800m
4	1 x	1200m	Cr (change speed 'by feel' each 100m between speed levels 3-5)	20:53	00:00	01:30	1200m
5	1 x	800m	Cr	13:32	00:00	01:00	800m
6	4 x	150m	50 Bk + 50 Br + 50 Bf-slap (2re/2li)	03:57	00:15	00:00	600m

Total: 5000m

DOLPHIN

WORKOUT 4 FOR WEEK 22

11 WEEKS UNTIL COMPETITION

RECOVERY (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	50 Cr + 50 Bk alternating	03:46	00:00	00:30	200m
2	5 x	100m	25 Aqua-Jogging (without belt) + 25 Cr alternating	(moderate speed)	00:15	00:30	500m
3	5 x	100m	Bf-slap (as long as possible, rest Cr in moderate speed)	02:53	00:15	00:45	500m
4	2 x	50m	25 Cr (max) + 25 Cr (active recovery)	00:47	00:30	00:45	100m
5	10 x	50m	Free tech-train	02:04	00:15	00:30	500m
6	1 x	100m	Combo-Br	02:36	00:00	00:00	100m

Total: 1900m

DOLPHIN

WORKOUT 5 FOR WEEK 22

11 WEEKS UNTIL COMPETITION

SPEED TRAINING WITH SHORT HIGH INTENSIVE INTERVALS (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	600m	Free warm-up	11:52	00:00	01:00	600m
2	8 x	25m	Cr (max)	00:17	00:05	02:00	200m
3	8 x	25m	Cr (max)	00:17	00:05	02:00	200m
4	4 x	300m	50 Br-arms with Bf-kicks + 50 Bk + 50 Combo-Br + 150 Cr	06:51	00:20	01:00	1200m
5	1 x	800m	Cr (each 100m quick turn with max kick power)	14:52	00:00	00:30	800m
6	1 x	400m	Free cool down	07:52	00:00	00:00	400m
Total:							3400m

DOLPHIN

WORKOUT 1 FOR WEEK 23

10 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH PADDLES AND FINS (4 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	8 x	75m	Md without Bf	01:46	00:10	00:30	600m
2	3 x	200m	100 Cr-kicks + 100 Bf-kicks in side position with fins	04:52	00:20	00:30	600m
3	3 x	600m	300 Cr with fins + 300 Cr with Paddles	09:34	00:45	00:30	1800m
4	1 x	300m	50 Bk-Br-Bf + 50 Combo-Br alternating	07:49	00:00	00:00	300m

Total: 3300m

DOLPHIN

WORKOUT 2 FOR WEEK 23

10 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING (11 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:30	400m
2	1 x	100m	Bf (Bf as long as possible then Cr for the rest)	02:01	00:00	00:30	100m
3	1 x	200m	Cr	03:18	00:00	00:30	200m
4	1 x	300m	4x75 Md without Bf (no break)	05:57	00:00	00:30	300m
5	1 x	400m	Cr	06:46	00:00	01:00	400m
6	1 x	100m	Bf (Bf as long as possible then Cr for the rest)	02:01	00:00	00:30	100m
7	1 x	200m	Cr	03:18	00:00	00:30	200m
8	1 x	300m	4x75 Md without Bf (no break)	05:57	00:00	00:30	300m
9	1 x	400m	Cr	06:46	00:00	01:00	400m
10	8 x	50m	15 Cr-kicks + 35 Cr	01:14	00:15	00:30	400m
11	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 3000m

DOLPHIN

W O R K O U T 3 F O R W E E K 23

10 W E E K S U N T I L C O M P E T I T O N

S P E E D E N D U R A N C E T R A I N I N G - M A X I M A L 100S (8 T A S K S)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	150m	100 Cr + 25 Bf-dive + 25 Bk	03:03	00:15	00:30	300m
2	6 x	50m	Cr (increase speed until 80%)	00:50	00:15	00:20	300m
3	2 x	150m	100 Cr + 25 Bf-dive + 25 Bk	03:03	00:15	00:30	300m
4	6 x	50m	30 Cr (max) + 20 Cr (active recovery)	00:48	00:20	00:30	300m
5	2 x	150m	100 Cr + 25 Bf-dive + 25 Bk	03:03	00:15	00:30	300m
6	2 x	100m	Cr (max) Start from starting block	01:25	02:00	01:00	200m
7	2 x	150m	100 Cr + 25 Bf-dive + 25 Bk	03:03	00:15	00:30	300m
8	1 x	600m	Free cool down (no Cr)	14:52	00:00	00:00	600m

Total: 2600m

DOLPHIN

WORKOUT 4 FOR WEEK 23

10 WEEKS UNTIL COMPETITION

RECOVERY (4 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	50 Bk-Br-Bf + 50 Combo-Br alternating	05:13	00:00	00:20	200m
2	1 x	200m	50 Bk-Br-Bf + 50 Br-kicks in dorsal position alternating	05:31	00:00	00:20	200m
3	4 x	150m	25 dive + 50 Bf-slap (4rt/4lt) + 75 Br (long strokes)	03:51	00:15	00:30	600m
4	2 x	400m	Cr (25m 2-arms, 3-, 4-, 5-arms, and so on) (if breathing rythm cannot be kept any more, restart with 2-arms)	08:29	00:20	00:00	800m
Total:							1800m

DOLPHIN

WORKOUT 5 FOR WEEK 23

10 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON FLOATING AND ROLLING (14 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Bf-slap (4rt/4lt/2OM)	06:13	00:00	00:20	200m
2	1 x	200m	Cr-slap	03:56	00:00	00:20	200m
3	1 x	100m	25 Cr (rt arm) + 25 Cr (lt arm) + 50 Cr (OM)	02:04	00:00	00:10	100m
4	1 x	100m	Cr (roll along the roll axis towards side position)	01:59	00:00	00:10	100m
5	1 x	100m	25 Cr (rt arm) + 25 Cr (lt arm) + 50 Cr (OM)	02:04	00:00	00:10	100m
6	1 x	100m	Cr (roll along the roll axis towards side position)	01:59	00:00	00:10	100m
7	1 x	100m	25 Cr (rt arm) + 25 Cr (lt arm) + 50 Cr (OM)	02:04	00:00	00:10	100m
8	1 x	100m	Cr (roll along the roll axis towards side position)	01:59	00:00	00:10	100m
9	4 x	75m	Md	01:46	00:00	00:30	300m
10	1 x	150m	25 Cr (stop arms shortly in the diagonal) + 25 Cr alternating)	03:01	00:10	00:30	150m
11	1 x	150m	Cr with Paddles	02:29	00:00	00:20	150m

DOLPHIN

12	1 x	150m	25 Cr (stop arms shortly in the diagonal) + 25 Cr alternating)	03:01	00:00	00:20	150m
13	1 x	150m	Cr with Paddles	02:29	00:00	00:20	150m
14	1 x	300m	50 Bk-Br-Bf + 50 Combo-Br alternating	07:49	00:00	00:00	300m
Total:							2200m

DOLPHIN

WORKOUT 1 FOR WEEK 24

9 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - LONG FARTLEK (4 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	500m	Free warm-up	09:47	00:00	01:00	500m
2	1 x	1000m	Cr (free speed changes)	17:33	00:00	01:30	1000m
3	1 x	1000m	Cr (start very slow and increase speed continuously)	17:33	00:00	01:30	1000m
4	1 x	1000m	Cr (start very fast and decrease speed continuously)	17:33	00:00	00:00	1000m

Total: 3500m

DOLPHIN

WORKOUT 2 FOR WEEK 24

9 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING - FAST 100S (4 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	50 Dog-pad + 50 Cr + 50 Cr-fist + 50 Cr	04:22	00:00	00:20	200m
2	1 x	200m	Cr (take head each 10m quickly out of water)	03:45	00:00	00:30	200m
3	30 x	100m	Cr	01:43	00:14	01:00	3000m
4	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							3600m

DOLPHIN

WORKOUT 3 FOR WEEK 24

9 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - OVERLONG (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	300m	Md without Bf	06:40	00:20	00:45	600m
2	1 x	400m	Cr-arms with Paddles	06:14	00:00	00:30	400m
3	1 x	400m	Cr (6-kicks)	06:52	00:00	00:30	400m
4	1 x	400m	Cr-arms with Paddles	06:14	00:00	00:30	400m
5	1 x	400m	Cr (6-kicks)	06:52	00:00	00:30	400m
6	1 x	400m	Cr-arms with Paddles	06:14	00:00	00:30	400m
7	4 x	150m	25 Bf + 50 Br + 75 Bk	03:31	00:15	01:00	600m
8	1 x	800m	Cr with fins (after each turn: 10m Bf-kicks under water)	12:29	00:00	00:30	800m
9	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 4200m

DOLPHIN

WORKOUT 4 FOR WEEK 24

9 WEEKS UNTIL COMPETITION

RECOVERY (6 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:51	00:00	00:20	200m
2	1 x	300m	25 Rigging + 50 Cr alternating	06:59	00:00	00:20	300m
3	1 x	200m	Cr	03:41	00:00	00:20	200m
4	1 x	300m	50 Bk-slap + 50 Cr-slap alternating	06:41	00:00	00:20	300m
5	1 x	200m	Cr	03:41	00:00	00:20	200m
6	1 x	300m	50 Combo-Br + 50 Bk-Br-Bf alternating	07:48	00:00	00:00	300m
Total:							1500m

DOLPHIN

WORKOUT 5 FOR WEEK 24

9 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON THE ABILITY TO RHYTHMIZE (14 AUG.)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	8 x	50m	Mini-Md	01:06	00:10	00:20	400m
2	1 x	100m	Cr (1 lt arm + 2 rt arm)	01:59	00:00	00:15	100m
3	1 x	100m	Cr (2 lt arm + 1 rt arm)	01:59	00:00	00:15	100m
4	1 x	200m	Cr (25m 2-kicks + 25m 6-kicks alternating)	03:45	00:00	00:15	200m
5	1 x	200m	Cr (10 arm strokes Cr + 2 arm strokes Polo-Cr alternating)	03:45	00:00	00:15	200m
6	1 x	200m	Bf-slap (4rt/4lt/2OM)	04:47	00:00	00:15	200m
7	1 x	100m	Br (4-arms/2-kicks)	02:36	00:00	00:15	100m
8	1 x	100m	Cr (1 lt arm + 2 rt arm)	01:59	00:00	00:15	100m
9	1 x	100m	Cr (2 lt arm + 1 rt arm)	01:59	00:00	00:15	100m
10	1 x	200m	Cr (25m 2-kicks + 25m 6-kicks alternating)	03:45	00:00	00:15	200m
11	1 x	200m	Cr (10 arm strokes Cr + 2 arm strokes Polo-Cr alternating)	03:45	00:00	00:15	200m
12	1 x	200m	Bf-slap (4rt/4lt/2OM)	05:06	00:00	00:15	200m
13	1 x	100m	Br (4-arms/2-kicks)	02:36	00:00	00:15	100m
14	1 x	400m	Cr	07:55	00:00	00:00	400m

Total: 2600m

DOLPHIN

WORKOUT 1 FOR WEEK 25

8 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING - FAST 100S (5 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Free warm-up	03:51	00:00	00:20	200m
2	12 x	100m	Md	01:58	00:15	01:00	1200m
3	3 x	400m	Cr (after each 50m; dive 10m)	07:26	00:30	01:00	1200m
4	12 x	100m	Cr with Paddles	01:28	00:22	01:00	1200m
5	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 4000m

DOLPHIN

WORKOUT 2 FOR WEEK 25

8 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING - BROKEN 200S (10 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	50 Cr + 50 Bk alternating	04:27	00:00	00:20	200m
2	1 x	200m	Cr (take head each 15m out of water)	03:41	00:00	01:00	200m
3	3 x	200m	Cr	03:19	00:25	00:30	600m
4	1 x	200m	Cr (split in 4x50 with 5sec break)	03:26	00:00	00:30	200m
5	1 x	200m	Cr (split in 8x25 with 2sec break)	03:26	00:00	01:30	200m
6	3 x	200m	Cr	03:13	00:25	00:30	600m
7	1 x	200m	Cr (split in 4x50 with 5sec break)	03:19	00:00	00:30	200m
8	1 x	200m	Cr (split in 8x25 with 2sec break)	03:19	00:00	01:30	200m
9	1 x	300m	50 Bk-Br-Bf + 50 Combo-Br + 50 Bk alternating	06:33	00:00	00:30	300m
10	2 x	500m	50 Cr + 100 Br + 150 Bk + 200 Bf (Bf as long as possible; then Cr)	12:17	00:45	00:00	1000m

Total: 3700m

DOLPHIN

WORKOUT 3 FOR WEEK 25

8 WEEKS UNTIL COMPETITION

RECOVERY WITH SHORT SPRINTS (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	50 Cr + 25 Bk + 25 Br alternating	09:01	00:00	00:20	400m
2	3 x	200m	25 Dog-pad + 50 Cr-arms with Br-kicks + 25 Cr alternating	04:37	00:30	00:30	600m
3	3 x	300m	Cr (50 2-arms + 100 5-arms + 150 9-arms)	05:53	00:30	00:30	900m
4	4 x	25m	Cr (max speed)	00:17	00:20	01:00	100m
5	1 x	200m	Free cool down (no Cr)	04:47	00:00	00:00	200m
Total:							2200m

DOLPHIN

WORKOUT 4 FOR WEEK 25

8 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - ARMS / LEGS (11 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Free warm-up	03:56	00:00	00:20	200m
2	1 x	300m	50 Bf-kicks in side position + 50 Cr-kicks in dorsal position + 100 Br-kicks + 100 Cr-kicks	09:09	00:00	00:30	300m
3	1 x	200m	Cr-arms with Pull-Buoy	03:07	00:00	00:20	200m
4	1 x	300m	50 Bf-kicks in side position + 50 Cr-kicks in dorsal position + 100 Br-kicks + 100 Cr-kicks	09:09	00:00	00:30	300m
5	1 x	200m	Cr-arms with Pull-Buoy	03:07	00:00	00:20	200m
6	1 x	300m	50 Bf-kicks in side position + 50 Cr-kicks in dorsal position + 100 Br-kicks + 100 Cr-kicks	09:09	00:00	00:30	300m
7	1 x	200m	Cr-arms with Pull-Buoy	03:07	00:00	00:20	200m
8	1 x	300m	50 Bf-kicks in side position + 50 Cr-kicks in dorsal position + 100 Br-kicks + 100 Cr-kicks	09:09	00:00	00:30	300m
9	1 x	200m	Cr-arms with Pull-Buoy	03:07	00:00	00:20	200m
10	5 x	300m	25 Bf + 75 Cr + 25 Bk + 75 Cr + 25 Br + 75 Cr (Bf, Bk and Br with more force)	05:37	00:30	01:00	1500m
11	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 3900m

DOLPHIN

WORKOUT 5 FOR WEEK 25

82 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (3 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	300m	100 Cr + 50 Cr-fist + 50 Cr with open hand + 100 Cr	05:50	00:20	00:30	600m
2	10 x	50m	Br-arms with Cr-kicks	01:08	00:15	00:30	500m
3	5 x	600m	50 Polo-Cr + 100 Bk + 150 Bf-slap (4rt/4lt/2OM) + 150 Cr +100 Br + 50 Bf-slap	12:22	00:45	00:00	3000m

Total: 4100m

DOLPHIN

WORKOUT 1 FOR WEEK 26

7 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE - LONGER, HARDER STEADY BLOCKS (IN WET SUIT) (1 TASK)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	4000m	1h Cr (10min warm up + 30min race speed with short speed peaks + 5min active recovery + 15min speed increases + 5min cool down) Information: appr. 3.500 – 4.000 m	1 Stunde	00:00	00:00	4000m
							Total: 4000m

DOLPHIN

WORKOUT 2 FOR WEEK 26

7 WEEKS UNTIL COMPETITION

SPEED TRAINING AND STANDARD TEST. USE THE STANDARD TEST FOR AN INTENSIVE TRAINING AND FOR ADJUSTING YOUR CURRENT PERFORMANCE. IN THIS PHASE OF THE YEAR, THE TEST PROTOCOL IS LONGER THAN BEFORE. PLEASE KEEP USING THE FIRST 1000M TIME TO CONTROL YOUR TRAINING. (13 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	100m	75 Cr + 25 Bk	02:07	00:00	00:20	200m
2	4 x	100m	100 Md (Cr instead Bf)	02:13	00:10	00:20	400m
3	4 x	50m	15 Cr (max speed) + 35 Bk-Br-Bf (moderate speed)	01:14	00:10	00:30	200m
4	1 x	100m	Cr (water start) TEST!	max	00:00	00:30	100m
5	1 x	100m	50 Cr + 50 Bk	02:13	00:00	00:10	100m
6	1 x	100m	50 Cr (long floating) + 50 Br (1 arm stroke and 2 kicks alternating)	02:36	00:00	00:10	100m
7	1 x	100m	50 Bf-slap (2rt/2lt) + 50 Cr	02:36	00:00	00:30	100m
8	1 x	1000m	Cr (water start) TEST!	max	00:00	00:30	1000m
9	1 x	100m	50 Cr + 50 Bk	02:13	00:00	00:10	100m
10	1 x	100m	50 Cr (long floating) + 50 Br (1 arm stroke and 2 kicks alternating)	02:36	00:00	00:10	100m
11	1 x	100m	50 Bf-slap (2rt/2lt) + 50 Cr	02:36	00:00	00:30	100m

DOLPHIN

12	2 x	500m	Cr (no start from starting block)	08:11	00:30	00:30	1000m
13	1 x	300m	Free cool down (200m no Cr)	07:10	00:00	00:00	300m

Total: 3800m

DOLPHIN

WORKOUT 3 FOR WEEK 26

7 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING - LONG SERIES OF 50S (6 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:56	00:00	00:20	200m
2	8 x	50m	Mini-Md	01:08	00:10	00:30	400m
3	4 x	50m	Cr (increase speed until 80%)	00:50	00:15	01:00	200m
4	50 x	50m	Cr Information: Whenever you like, you may replace one or two units by a break of 45sec	00:48	00:10	01:30	2500m
5	1 x	300m	50 Combo-Br + 50 Bk-Br-Bf alternating (active recovery)	08:07	00:00	00:30	300m
6	2 x	200m	25 Bf-dive + 75 Bk + 25 Bf-dive + 75 Cr	04:38	00:20	00:00	400m
Total:							4000m

DOLPHIN

WORKOUT 4 FOR WEEK 26

7 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - FOR THIS UNIT IMAGINE YOUR PERSONAL RANGE OF PERFORMANCE IN 5 SPEED LEVELS. CHANGE BETWEEN THOSE LEVELS AS EXPLAINED IN THE PLAN. 1 EQUALS MODERATE/SLOW SPEED TO RECOVER AND 5 EQUALS THE ENVISAGED RACE SPEED. (8 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	4 x 25 Kicks in Md-order + 4 x 50 Md	07:31	00:00	00:30	300m
2	1 x	300m	25 Rigging + 75 Cr alternating	06:37	00:00	00:30	300m
3	1 x	500m	Cr (each 50m in speed levels 1-2-3-4-5-5-4-3-2-1)	09:11	00:00	00:45	500m
4	1 x	500m	Cr (consistent speed in speed level 3)	09:01	00:00	00:45	500m
5	1 x	500m	Cr (start very slow and increase speed continously)	09:01	00:00	00:45	500m
6	1 x	500m	Cr (consistent speed in speed level 4)	08:31	00:00	00:45	500m
7	1 x	500m	Cr (each 50m in speed levels 1-2-3-4-5-5-4-3-2-1)	09:11	00:00	00:45	500m
8	1 x	500m	Cr (consistent speed in speed level 3)	09:01	00:00	00:00	500m
Total:							3600m

DOLPHIN

WORKOUT 5 FOR WEEK 26

7 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - LONGER STEADY BLOCKS (5 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	10 x	100m	Md (Bf-slap instead Bf)	02:13	00:00	00:00	1000m
2	1 x	1400m	30min Cr (each 200m quick turn) Information: appr. 1400m-2000m	30 min enhanced speed	00:00	01:30	1400m
3	1 x	1400m	30 min Cr with Paddles and fins Information: appr. 1400m-2000m	30 min enhanced speed	00:00	01:30	1400m
4	1 x	1400m	30 min Cr (change stroke for 25m after each 200m) Information: appr. 1400m-2000m	30 min enhanced speed	00:00	01:00	1400m
5	1 x	300m	Free cool down (no Cr)	07:04	00:00	00:00	300m

Total: 5500m

DOLPHIN

WORKOUT 1 FOR WEEK 27

6 WEEKS UNTIL COMPETITION

TECHNICAL TRAINING WITH A FOCUS ON LINKING ABILITY (8 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:30	400m
2	4 x	100m	Bf-slap (2rt/2lt) with Cr-kicks	02:30	00:15	00:30	400m
3	1 x	300m	Md without Bf	06:46	00:00	00:30	300m
4	4 x	50m	Cr (4 kicks lt + 4 kicks rt + 4 arm strokes alternating)	00:58	00:15	00:30	200m
5	1 x	300m	Md without Bf	06:46	00:00	00:30	300m
6	4 x	100m	1 arm Bf + 3 arms Br alternating, both with Bf-kicks	02:36	00:15	00:30	400m
7	1 x	300m	Md without Bf	06:46	00:00	00:30	300m
8	4 x	50m	Cr-arms with Br-kicks	01:27	00:10	00:00	200m

Total: 2500m

DOLPHIN

WORKOUT 2 FOR WEEK 27

6 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A FOCUS ON HYPOXIA TRAINING (8 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:50	00:00	00:15	200m
2	1 x	200m	4 x 25 leg training: Bf, Bk, Br, Cr	05:27	00:00	00:15	200m
3	1 x	200m	25 Br + 25 Cr alternating	01:47	00:00	00:15	200m
4	4 x	200m	25 dive + 175 Cr (choose speed that 25m diving are no problem)	05:00	00:00	00:30	800m
5	1 x	600m	Cr (50 2-arms + 50 7-arms alternating)	11:12	00:00	00:30	600m
6	4 x	200m	50 Bf-slap + 150 Cr	03:56	00:00	00:30	800m
7	1 x	600m	Cr (50 2-arms + 50 7-arms alternating)	11:12	00:00	00:30	600m
8	1 x	200m	50 Br + 50 Bk-Br-Bf alternating	05:11	00:00	00:00	200m

Total: 3600m

DOLPHIN

WORKOUT 3 FOR WEEK 27

6 WEEKS UNTIL COMPETITION

SPEED ENDURANCE TRAINING - MAXIMAL 100S AND 200S (9 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:50	00:00	00:20	200m
2	4 x	75m	Md without Bf	01:49	00:10	00:30	300m
3	6 x	50m	15 Cr-kicks (max speed) + 35 Br (moderate speed)	01:14	00:10	00:30	300m
4	4 x	50m	Cr (max speed) (from staring block)	00:39	00:30	00:30	200m
5	2 x	200m	100 Br under water strokes + 50 Bk-Br-Bf + 50 Cr in slow motion	05:13	00:00	01:00	400m
6	2 x	100m	Cr (max speed) (from staring block)	01:25	02:00	01:00	200m
7	2 x	200m	100 Combo-Br + 50 Bk-Br-Bf + 50 Cr in slow-motion	05:13	00:15	01:00	400m
8	1 x	200m	Cr (max speed) (from staring block)	03:02	00:00	01:00	200m
9	1 x	300m	Free cool down	05:53	00:00	00:00	300m

Total: 2500m

DOLPHIN

WORKOUT 4 FOR WEEK 27

6 WEEKS UNTIL COMPETITION

RECOVERY (13 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr (50 Fist + 50 normal Cr alternating)	04:03	00:00	00:20	200m
2	3 x	200m	50 Bf-kicks in side position + 50 Bk-slap + 100 Cr	04:47	00:15	00:20	600m
3	2 x	100m	4 x 25 leg training: Bf, Bk, Br, Cr	02:54	00:10	00:10	200m
4	1 x	100m	50 Br (4-arms/4-kicks alternating) + 50 Br	02:36	00:00	00:10	100m
5	1 x	100m	25 Bk-slap. + 25 Bk alternating	02:28	00:00	00:10	100m
6	1 x	100m	50 Br (4-arms/4-kicks alternating) + 50 Br	02:36	00:00	00:10	100m
7	1 x	100m	25 Bk-slap. + 25 Bk alternating	02:28	00:00	00:10	100m
8	2 x	100m	4 x 25 leg training: Bf, Bk, Br, Cr	02:54	00:10	00:10	200m
9	1 x	100m	50 Br (4-arms/4-kicks alternating) + 50 Br	02:36	00:00	00:10	100m
10	1 x	100m	25 Bk-slap. + 25 Bk alternating	02:28	00:00	00:10	100m
11	1 x	100m	50 Br (4-arms/4-kicks alternating) + 50 Br	02:36	00:00	00:10	100m
12	1 x	100m	25 Bk-slap. + 25 Bk alternating	02:28	00:00	00:10	100m
13	2 x	100m	4 x 25 leg training: Bf, Bk, Br, Cr	02:54	00:10	00:00	200m

Total: 2200m

DOLPHIN

WORKOUT 5 FOR WEEK 27

6 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - OVERLONG; WITH LONG FARTLEKS (WET SUIT). FOR THIS UNIT IMAGINE YOUR PERSONAL RANGE OF PERFORMANCE IN 5 SPEED LEVELS. CHANGE BETWEEN THOSE LEVELS AS EXPLAINED IN THE PLAN. 1 EQUALS MODERATE SPEED TO RECOVER AND 5 EQUALS THE ENVISAGED RACE SPEED (12 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	2 x	250m	25 Bf + 50 Bk + 75 Br + 100 Cr	05:34	00:15	00:20	500m
2	1 x	400m	Cr	07:26	00:00	00:20	400m
3	1 x	300m	Md without Bf	06:32	00:00	00:20	300m
4	1 x	200m	Cr	03:41	00:00	00:20	200m
5	1 x	100m	Bk	02:17	00:00	00:20	100m
6	4 x	50m	Cr	00:50	00:05	00:20	200m
7	1 x	100m	Bk	02:17	00:00	00:20	100m
8	1 x	200m	Cr	03:41	00:00	00:20	200m
9	1 x	300m	Md without Bf	06:32	00:00	00:20	300m
10	1 x	400m	Cr	07:26	00:00	01:00	400m
11	1 x	1000m	Cr (change speed each 100m between personal speed levels 1-3)	18:45	00:00	01:30	1000m
12	1 x	1000m	Cr (change speed each 100m between personal speed levels 2-4)	17:55	00:00	00:00	1000m

Total: 4700m

DOLPHIN

WORKOUT 1 FOR WEEK 28

5 WEEKS UNTIL COMPETITION

BASIC TRAINING (4 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	500m	150 Cr + 50 Bk + 50 Bf-slap (4li-4re) + 50 Br (long floating) + 200Kr	09:42	00:00	00:30	500m
2	2 x	600m	4 x 25 kicks in Md-order + 400 Md + 4 x 25 kicks in Md-order	15:04	00:30	00:30	1200m
3	2 x	800m	200 Cr + 200 Cr (lt hand with Paddle / rt hand fist) + 200 Cr (rt hand with Paddle / lt hand fist) + 200 Cr with Paddles	13:12	00:30	00:30	1600m
4	8 x	50m	Free stroke or combination arm stroke/kick but no Cr. All 50s differently.	01:14	00:10	00:00	400m

Total: 3700m

DOLPHIN

WORKOUT 2 FOR WEEK 28

5 WEEKS UNTIL COMPETITION

SPEED PERFORMANCE - 1500 IN RACE SPEED (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Md without Bf	04:22	00:00	00:20	200m
2	1 x	400m	Cr (increase speed continuously until 80%)	07:25	00:00	01:00	400m
3	1 x	500m	Cr in competition speed	08:11	00:00	00:30	500m
4	1 x	300m	50 Bk + 50 Bk-Br-Bf alternating	06:59	00:00	01:00	300m
5	1 x	1500m	Cr in race speed (each 50m quick turn)	25:24:00	00:00	00:30	1500m
6	1 x	300m	Free cool down	05:53	00:00	00:00	300m
Total:							3200m

DOLPHIN

WORKOUT 3 FOR WEEK 28

5 WEEKS UNTIL COMPETITION

SPEED PERFORMANCE - BROKEN 200S (12 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	6 x	50m	Cr Increase speed until 90%	00:47	00:15	00:45	300m
3	1 x	200m	50 Cr + 150Cr (3sec break in between)	03:14	00:00	00:20	200m
4	1 x	200m	Cr	03:08	00:00	00:20	200m
5	1 x	200m	50 Cr + 50 Cr +100 Cr (3sec break in between)	03:14	00:00	00:20	200m
6	1 x	200m	Cr	03:08	00:00	00:20	200m
7	1 x	200m	50 Cr + 50 Cr + 50 Cr + 50 Cr (with 3s break in between)	03:14	00:00	00:20	200m
8	1 x	200m	Cr	03:08	00:00	00:20	200m
9	1 x	200m	50 Cr + 100Cr + 50 Cr (3sec break in between)	03:14	00:00	00:20	200m
10	1 x	200m	Cr	03:08	00:00	00:20	200m
11	1 x	200m	50 Cr + 150Cr (3sec break in between)	03:14	00:00	00:20	200m
12	1 x	300m	Free cool down	05:53	00:00	00:00	300m
Total:							2800m

DOLPHIN

WORKOUT 4 FOR WEEK 28

5 WEEKS UNTIL COMPETITION

RECOVERY (9 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	250m	100 Cr-fist + 100 Cr + 50 Cr-kicks	05:36	00:00	00:20	250m
2	1 x	250m	200 Md (Bf-slap (4rt/4lt/2OM) instead of Bf) + 50 Bf-kicks	06:28	00:00	00:20	250m
3	1 x	250m	200 Bk + 50 Bk-kicks	06:28	00:00	00:20	250m
4	1 x	250m	50 Cr-slap + 150 Cr + 50 Cr-kicks	05:36	00:00	00:20	250m
5	1 x	200m	Cr (7-arms)	04:03	00:00	00:20	200m
6	1 x	200m	50 Cr + 50 Bk alternating	04:27	00:00	00:20	200m
7	1 x	200m	Cr (7-arms)	04:03	00:00	00:20	200m
8	1 x	200m	50 Cr + 50 Bk alternating	04:27	00:00	00:20	200m
9	2 x	100m	25 Bf-dive + 50 Cr + 25 Dive	04:33	00:10	00:00	200m
Total:							2000m

DOLPHIN

WORKOUT 5 FOR WEEK 28

5 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING WITH PADDLES (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:30	400m
2	1 x	400m	Cr (increase speed continuously until 80%)	07:25	00:00	00:45	400m
3	15 x	100m	Cr with paddles (swim each 3rd 100m faster than the given time)	01:33	00:12	01:00	1500m
4	4 x	200m	Cr (start each 1st and 3rd with 25m Bf)	03:18	00:25	00:30	800m
5	1 x	300m	Free cool down	05:53	00:00	00:00	300m
Total:							3400m

DOLPHIN

WORKOUT 1 FOR WEEK 29

4 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING - SHORT, FAST SERIES OF 100S (7 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	Free warm-up	05:53	00:00	00:20	300m
2	3 x	200m	25 Bf-dive + 75 Br + 100 Cr	03:47	00:20	00:20	600m
3	1 x	200m	50 Bk-Br-Bf + 50 Cr alternating	04:27	00:00	00:45	200m
4	8 x	100m	Cr	01:36	00:12	00:45	800m
5	1 x	200m	50 Bk-Br-Bf + 50 Cr alternating	04:27	00:00	00:45	200m
6	8 x	100m	Cr	01:33	00:12	00:30	800m
7	1 x	300m	Free cool down	05:53	00:00	00:00	300m
Total:							3200m

DOLPHIN

WORKOUT 2 FOR WEEK 29

4 WEEKS UNTIL COMPETITION

STAMINA - LONGER STEADY BLOCKS IN RACE SPEED WITH SPEED CHANGES (IN WET SUIT) (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:45	400m
2	1 x	1400m	Cr (30min in your planned race speed; swim the first 2 minutes faster) Information: appr. 1400m-2000m	30 min	00:00	01:00	1400m
3	1 x	100m	Bk (active recovery)	02:36	00:00	01:00	100m
4	1 x	1400m	Cr (alternate for 20min: 1min slightly faster and 1 min slightly slower than race speed + 10min in race speed) Information: appr. 1400m-2000m	20 min	00:00	01:00	1400m
5	1 x	300m	50 Combo-Br + 50 Bk-Br-Bf alternating	08:07	00:00	00:30	300m
6	1 x	300m	50 Bk + 50 Br alternating	07:42	00:00	00:00	300m

Total: 3900m

DOLPHIN

WORKOUT 3 FOR WEEK 29

4 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING WITH A FOCUS ON HYPOXIA TRAINING (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:20	400m
2	4 x	100m	4 x 25 leg training: Bf, Bk, Br, Cr	02:44	00:15	00:30	400m
3	1 x	400m	Cr (7-arms)	08:07	00:00	00:30	400m
4	8 x	150m	Md without Bf	03:16	00:15	00:45	1200m
5	4 x	100m	30 dive + 70 Cr (swim as slow that diving is possible)	02:08	00:10	00:30	400m
6	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							3000m

DOLPHIN

WORKOUT 4 FOR WEEK 29

4 WEEKS UNTIL COMPETITION

STRENGTH ENDURANCE TRAINING - OVERLONG SERIES OF 50S (4 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:51	00:00	00:30	200m
2	4 x	50m	Md-Change	01:06	00:10	01:00	200m
3	60 x	50m	Cr (if pace / time cannot be kept you my choose a „joker“ and you can replace twice a 50m with a 45sec break)	00:48	00:06	01:30	3000m
4	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							3600m

DOLPHIN

WORKOUT 5 FOR WEEK 29

4 WEEKS UNTIL COMPETITION

STAMINA - 800S IN RACE SPEED (3 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	100 Cr-fist + 100 Cr + 50 Cr-kicks + 50 Br (4-arms/4-kicks)	07:02	00:00	01:00	300m
2	4 x	800m	Cr in race speed (after half distance, insert 25 Bf in high speed)	13:13	00:39	01:00	3200m
3	1 x	200m	Free cool down	03:56	00:00	00:00	200m
Total:							3700m

DOLPHIN

WORKOUT 1 FOR WEEK 30

3 WEEKS UNTIL COMPETITION

SPEED ENDURANCE TRAINING - WITH HIGH INTENSIVE INTERVALS (11 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	25 De + 50 Bk + 75 Br + 150 Cr	06:33	00:00	00:30	300m
2	4 x	50m	Cr (increase speed until 80%)	00:50	00:15	01:00	200m
3	4 x	25m	Cr (max)	00:17	00:15	00:45	100m
4	1 x	100m	Cr	01:59	00:00	00:45	100m
5	4 x	25m	Cr (max)	00:17	00:10	00:45	100m
6	1 x	100m	Cr	01:59	00:00	00:45	100m
7	4 x	25m	Cr (max)	00:17	00:05	00:45	100m
8	1 x	100m	Cr	01:59	00:00	00:45	100m
9	1 x	200m	50 Combo-Br + 50 Bk-Br-Bf alternating (active recovery)	08:07	00:00	01:30	200m
10	1 x	200m	Cr (max)	03:02	00:00	01:30	200m
11	1 x	200m	Free cool down	03:56	00:00	00:00	200m

Total: 1700m

DOLPHIN

WORKOUT 2 FOR WEEK 30

3 WEEKS UNTIL COMPETITION

RECOVERY (12 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	50 Cr + 50 Bk alternating	04:27	00:00	00:20	200m
2	1 x	200m	Cr (6-arms)	03:56	00:00	00:20	200m
3	1 x	100m	Br	02:36	00:00	00:15	100m
4	1 x	200m	Cr (5-arms)	03:56	00:00	00:20	200m
5	1 x	100m	Bk	02:28	00:00	00:15	100m
6	1 x	200m	Cr (4-arms)	03:56	00:00	00:20	200m
7	1 x	100m	Br	02:36	00:00	00:15	100m
8	1 x	200m	Cr (3-arms)	03:56	00:00	00:20	200m
9	1 x	100m	Bk	02:28	00:00	00:15	100m
10	1 x	200m	Cr (2-arms)	03:56	00:00	00:20	200m
11	1 x	100m	Br	02:36	00:00	00:15	100m
12	1 x	400m	Free cool down	07:52	00:00	00:00	400m

Total: 2100m

DOLPHIN

WORKOUT 3 FOR WEEK 30

3 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING - OVERLONG (10 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	600m	Free warm-up	11:52	00:00	00:30	600m
2	3 x	300m	Md without Bf	06:32	00:20	01:00	900m
3	12 x	100m	Cr (swim each 3rd 100m 5sec faster than given pace/time)	01:46	00:08	01:00	1200m
4	1 x	400m	Cr	07:01	00:00	00:30	400m
5	1 x	400m	Cr-arms with Pull-Buoy	06:51	00:00	00:30	400m
6	1 x	400m	Cr with Paddles	06:21	00:00	00:30	400m
7	1 x	400m	Cr	07:01	00:00	00:30	400m
8	1 x	400m	Cr-arms with Pull-Buoy	06:51	00:00	00:30	400m
9	1 x	400m	Cr with Paddles	06:21	00:00	01:00	400m
10	1 x	1000m	100 Cr + 100 Bk alternating	19:53	00:00	00:00	1000m

Total: 6100m

DOLPHIN

WORKOUT 4 FOR WEEK 30

3 WEEKS UNTIL COMPETITION

SPEED PERFORMANCE - BROKEN 200S (15 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Bk	04:59	00:00	00:20	200m
2	2 x	100m	4 x 25 leg training: Bf, Bk, Br, Cr	02:44	00:15	01:00	200m
3	1 x	200m	Cr	03:08	00:00	00:30	200m
4	1 x	200m	50 Cr + 50 Cr + 50 Cr + 50 Cr (with 3s break in between)	03:14	00:00	00:30	200m
5	1 x	200m	Cr	03:08	00:00	00:30	200m
6	1 x	200m	50 Cr + 50 Cr + 50 Cr + 50 Cr (with 3s break in between)	03:14	00:00	00:30	200m
7	1 x	200m	Cr	03:08	00:00	00:30	200m
8	1 x	200m	50 Cr + 50 Cr + 50 Cr + 50 Cr (with 3s break in between)	03:14	00:00	00:30	200m
9	1 x	200m	Cr	03:08	00:00	00:30	200m
10	1 x	200m	50 Cr + 50 Cr + 50 Cr + 50 Cr (with 3s break in between)	03:14	00:00	00:30	200m
11	1 x	200m	Cr	03:08	00:00	00:30	200m
12	1 x	200m	50 Cr + 50 Cr + 50 Cr + 50 Cr (with 3s break in between)	03:14	00:00	00:30	200m

DOLPHIN

13	1 x	200m	Cr	03:08	00:00	00:30	200m
14	1 x	200m	50 Cr + 50 Cr + 50 Cr + 50 Cr (with 3s break in between)	03:14	00:00	01:00	200m
15	1 x	300m	Free cool down	05:53	00:00	00:00	300m
						Total:	3100m

DOLPHIN

WORKOUT 5 FOR WEEK 30

3 WEEKS UNTIL COMPETITION

SPEED PERFORMANCE - 1500 IN RACE SPEED (7 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	300m	Md without Bf	07:03	00:30	00:30	300m
2	6 x	50m	Cr (increase speed until 80%)	00:50	00:15	01:00	300m
3	1 x	1500m	Cr in race speed (each 50m quick turn)	25:24:00	00:00	01:00	1500m
4	1 x	100m	Bk-Br-Bf	02:49	00:00	00:15	100m
5	1 x	100m	Combo-Br	02:49	00:00	01:00	100m
6	1 x	1500m	Cr in race speed (each 50m quick turn)	25:24:00	00:00	01:00	1500m
7	1 x	200m	50 Bk-Br-Bf + 50 Combo-Br alternating	05:12	00:00	00:00	200m

Total: 4000m

DOLPHIN

W O R K O U T 1 F O R W E E K 3 1

2 W E E K S U N T I L C O M P E T I T O N

RECOVERY (6 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	400m	Free warm-up	07:52	00:00	00:30	400m
2	4 x	100m	25 Cr-kicks + 25 Br + 50 Bk-slap	02:57	00:15	00:30	400m
3	2 x	200m	50 Bk-slap + 50 Cr-slap alternating	02:18	00:20	00:45	400m
4	4 x	50m	15 Cr (max speed) + 35 any other stroke (moderate speed)	01:02	00:20	00:45	200m
5	2 x	200m	25 dive + 25 Cr-kicks + 150 Cr	04:32	00:20	00:30	400m
6	1 x	300m	Free cool down	05:53	00:00	00:00	300m
Total:							2100m

DOLPHIN

WORKOUT 2 FOR WEEK 31

2 WEEKS UNTIL COMPETITION

BASIC ENDURANCE TRAINING (5 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:51	00:00	00:20	200m
2	1 x	200m	50 Br + 50 Bk alternating	04:14	00:00	00:20	200m
3	1 x	200m	Bf-slap (4lt-4rt)	04:47	00:00	00:45	200m
4	6 x	300m	Cr-arms (with Pull-Buoy)	05:00	00:30	00:30	1800m
5	2 x	100m	25 Bf-dive + 75 Br (long floating)	01:59	00:05	00:00	200m

Total: 2600m

DOLPHIN

WORKOUT 3 FOR WEEK 31

2 WEEKS UNTIL COMPETITION

SPEED TRAINING (13 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:51	00:00	00:20	200m
2	1 x	200m	Bf-slap (5lt-5rt-2OM)	04:47	00:00	00:45	200m
3	4 x	50m	Cr (increase speed until 80%)	00:50	00:15	01:00	200m
4	2 x	50m	Cr (max)	00:39	00:30	00:30	100m
5	1 x	100m	Bk-slap	02:36	00:00	00:15	100m
6	1 x	200m	50 Br + 50 Cr alternating	04:41	00:00	00:45	200m
7	4 x	50m	Cr (increase speed continuously until 90%)	00:45	00:15	01:00	200m
8	2 x	50m	Cr (max)	00:39	00:30	00:30	100m
9	1 x	100m	Bk-slap	02:36	00:00	00:15	100m
10	1 x	200m	50 Br + 50 Cr alternating	04:41	00:00	00:45	200m
11	2 x	100m	Cr (max)	01:25	01:30	00:30	200m
12	1 x	200m	50 Br + 50 Cr alternating	04:41	00:00	00:30	200m
13	1 x	200m	Cr (50 slow-motion + 50 normal speed alternating)	04:09	00:00	00:00	200m
Total:							2200m

DOLPHIN

WORKOUT 4 FOR WEEK 31

2 WEEKS UNTIL COMPETITION

TRAINING BREAK (0 TASKS)

Distance	Description	Tempo	Break after Repetition	Break after Series	Total
-	-	-	-	-	-

RECOVER WELL!

DOLPHIN

WORKOUT 5 FOR WEEK 31

2 WEEKS UNTIL COMPETITION

SPEED ENDURANCE TRAINING - WITH HIGH INTENSIVE INTERVALS (7 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	03:45	00:00	00:20	200m
2	1 x	100m	Bf-kicks in side position	02:55	00:00	01:00	100m
3	12 x	50m	Cr	00:43	00:05	02:00	600m
4	1 x	200m	Cr (swim the 1st 25m Bf-arms with Cr-kicks instead of Cr)	03:11	00:00	01:30	200m
5	12 x	50m	Cr	00:43	00:05	02:00	600m
6	1 x	200m	Cr (swim the 1st 25m Bf-arms with Cr-kicks instead of Cr)	03:11	00:00	00:30	200m
7	1 x	300m	Free cool down	05:53	00:00	00:00	300m

Total: 2200m

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WORKOUT 1 FOR WEEK 32

1 WEEK UNTIL COMPETITION

RECOVERY WITH A TECHNICAL FOCUS ON FLOATING AND ROLLING (13 TASKS)

		Distance	Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Free warm-up	04:03	00:00	00:10	200m
2	1 x	100m	15 Cr (rt-arm) + 25 Cr + 25 Cr (lt arm) + 25 Cr (passive arm at a time in front of the head + emphasise push phase)	02:10	00:00	00:10	100m
3	1 x	100m	Cr-slap	01:59	00:00	00:10	100m
4	1 x	100m	Cr (short break between single strokes for a longer floating time)	01:59	00:00	00:10	100m
5	1 x	100m	Cr (active rolling along the longitudinal)	01:59	00:00	00:10	100m
6	1 x	100m	Cr 3-arms (look to the ceiling when breathing)	01:59	00:00	00:10	100m
7	1 x	100m	15 Cr (rt-arm) + 25 Cr + 25 Cr (lt arm) + 25 Cr (passive arm at a time in front of the head + emphasise push phase)	02:10	00:00	00:10	100m
8	1 x	100m	Cr-slap	01:59	00:00	00:10	100m
9	1 x	100m	Cr (short break between single strokes for a longer floating time)	01:59	00:00	00:10	100m
10	1 x	100m	Cr (active rolling along the longitudinal)	01:59	00:00	00:10	100m

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11	1 x	100m	Cr 3-arms (look to the ceiling when breathing)	01:59	00:00	00:30	100m
12	1 x	500m	Cr (long floating, active rolling along the longitudinal, as less strokes as possible per lane)	09:34	00:00	00:20	500m
13	1 x	300m	Free cool down (no Cr)	07:31	00:00	00:00	300m

Total: 2000m

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WORKOUT 2 FOR WEEK 32

1 WEEK UNTIL COMPETITION

RECOVERY WITH SHORT SPRINTS (7 TASKS)

	Distance		Description	Tempo	Break after Repetition	Break after Series	Total
1	1 x	200m	Cr	04:03	00:00	00:20	200m
2	1 x	200m	Bf-slap (5lt-5rt-2OM)	04:47	00:00	00:45	200m
3	4 x	50m	Cr (increase speed until 80%)	00:50	00:15	01:30	200m
4	2 x	50m	Cr (max speed)	00:39	01:00	01:00	100m
5	1 x	100m	Bk-slap	02:36	00:00	00:20	100m
6	1 x	200m	50 Br + 50 Cr alternating	04:41	00:00	00:20	200m
7	2 x	300m	Md without Bf	07:03	00:30	00:00	600m

Total: 1600m

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WORKOUT 3 FOR WEEK 32

1 WEEK UNTIL COMPETITION

TRAINING BREAK (0 TASKS)

Distance	Description	Tempo	Break after Repetition	Break after Series	Total
-	-	-	-	-	-

RECOVER WELL!

DOLPHIN

WORKOUT 4 FOR WEEK 32

1 WEEK UNTIL COMPETITION

TRAINING BREAK (0 TASKS)

Distance	Description	Tempo	Break after Repetition	Break after Series	Total
-	-	-	-	-	-

RECOVER WELL!

DOLPHIN

WORKOUT 5 FOR WEEK 32

1 WEEK UNTIL COMPETITION

MAIN COMPETITION (0 TASKS)

Distance	Description	Tempo	Break after Repetition	Break after Series	Total
-	-	-	-	-	-

GOOD LUCK!!!