

Newman Triathlon



Shire of
EAST Pilbara
AQUATIC CENTRE

Each program can be adjusted to make the difficulty easier or harder

Guide

- ✓ Full course- created in mind for those completing the full course OR regular swimmers
- ✓ Short course -created in mind for those completing the short course OR for beginner swimmers completing the full course
- ✓ Junior - Created in mind with those completing the junior course



Full Course (ages 14+)
6:00am (briefing 5:45am)

SWIM	600m
BIKE	21.6km
RUN	4.8km

Short Course (ages 10+)
7:00am (briefing 6:45am)

SWIM	200m
BIKE	8.1km
RUN	1.6km

Junior Course (ages 7-10)
8:00am (briefing 7:45am)

SWIM	100m
BIKE	3.2km
RUN	1.1km

SWIMMING LEGEND

STROKES	EQUIPMENT
F/S: Freestyle	W/: With
B/S: Backstroke	KB: Kickboard
BR/S: Breaststroke	PB: Pull Bouy
B/F: Butterfly	HP: Hand Paddles

TECHNIQUE	SET STRUCTURE
Pull: Only using the upper body portion of a stroke, no lower body	X: (Example 4 X 100, 30 Seconds Break) 100m nonstop, 30 second break after 100m, repeated 4 times
Kick: Only using the lower body portion of a stroke, no upper body	%: Percentage of maximum personal output

EXAMPLE

100m as 50m F/S, 50m B/S

(Example 100m as 50m F/S, 50m B/S) 100m non stop, 50m out of the 100m being freestyle and the other 50m being backstroke



Drills

Videos Linked in Drill Title

[Polo](#): Freestyle with head above the water

[Fingertip Drag](#): Swim regular freestyle. When your arm is out of the water (recovery phase) keep your elbow pointed toward the sky and your fingertips pointing down toward the water. Allow your fingertips (about 1/2 inch) to drag through the water from your hips all the way past your head.

[Catchup](#): Swim regular freestyle. As you take a stroke with your right arm, keep your left arm extended forward in the water. Complete the stroke with your right arm and after it enters the water above your head, tap your left hand. This signals the start of the stroke with your left arm. Keep your right arm extended forward in the water until the left stroke is completed and hands tap together.

[Closed Fist](#): Swim regular freestyle but instead with closed fists

[Side Kicking](#): Engage your core, keep your head down and hold a steady kick. Start by kicking on your side with one arm extended. The other arm is at your side with the shoulder pointed up and out of the water. To breathe, rotate your head to the side while maintaining your kick and keeping your shoulder out of the water. Alternate sides by length.

[Bilateral Breathing](#): Bilateral breathing involves taking breaths on alternating sides during a swim, usually every three strokes in freestyle swimming. This technique allows swimmers to maintain balance and symmetry in their strokes, boosting overall performance and reducing strain on one side of the body.

[Sculling](#): Sculling is a back and forth motion with your hand, like you are drawing a figure eight. Your elbows should stay relaxed and there is minimal movement from the shoulders.



Drills

Videos Linked in Drill Title

[Rotator Kick](#): Start by kicking on your front with your arms by your sides.

If you're someone who has an issue with bending your knees too much this gives you the opportunity for physical feedback; just press your thumbs lightly into the side of your glutes, and if your knees are bending then you'll find that the glutes will feel a little soft.

If you can feel tension in the muscle, it should mean that your legs are staying at least a little straighter. Do roughly six kicks in this position on your front, then twist your body from the hips into a side lying position.

After a further six kicks rotate back to the initial position lying on your front. Continue kicking before twisting to the opposite side, and then back.

[6 Kick Switch](#): Keeping your body in position complete 6 kicks on your right side.

After completing 6 kicks rotate your core to the other side as you do a freestyle stroke and switch the positions of your hands. When you need to breathe turn your head to the side while keeping your shoulder and body still. Try to keep your head low with only one ear and one eye coming out the water

[Breathing Pyramid](#): Freestyle breathing in a pyramid build up pattern. The first breath is completed after the third arm, second breath after five arms, third breath after seven arms, fourth breath after five arms, sixth breath after three arms. The pattern can be extended or reduced.

[Zipper Drill](#): To perform the drill, swimmers will swim freestyle normally with one exception: on the recovery phase of their stroke, they will drag their thumb along the side of their torso as if they were close a zipper. Once they reach their armpit swimmers can finish their recovery phase as normal, entering the water in front of their stroke and continuing with their pull cycle.

[Corkscrew Drill](#): Alternating strokes of freestyle and backstroke.

[3-3-3](#): Take three strokes with your left, three with your right and three whole strokes (6 arm pulls).

Week 1 - JNR

TECHNIQUE SESSION: 400M

WARM UP: W/KB & Fins

2 x 25m Side kicking (50m each side)

COOL DOWN:

2 x 25m BR/S at Low Intensity

MAIN SET:

2 x 25m F/S Finger Tip Drag Drill, 15s Break -

W/Fins

2 x 25m F/S Catch-up Drill, 15s break - W/Fins

2x 25m Closed First F/S - W/Fins

2 x 25m F/S Bilateral Breathing

2 x 25m F/S Bilateral Breathing

AEROBIC SESSION: 600M

WARM UP: W/KB

25M F/S Kick

25M B/S Kick

25M BR/S Kick

25M Choice Kick

MAIN SET:

2x25m F/S, 10s Break

2x25m BR/S, 10s Break

4x 50m (F/S, BR/S, B/S, F/S), 15s Break

2 x 100m F/S, 20s Break

COOL DOWN:

4x25m Choice Swim W/low intensity



Week 1 - Short

AEROBIC SESSION: 900M

WARM UP:

2 x 50m F/S

2 x 50m B/S

MAIN SET:

6 x 100M F/S, 30s Break

COOL DOWN:

100m BR/S at Low Intensity

TECHNIQUE SESSION: 600M

WARM UP: W/KB & Fins

2 x 50m Side Kick (50m each side)

COOL DOWN:

100m Choice Swim

MAIN SET:

50m Sculling and Kicking W/Fins

50m Rotator Kick W/Fins

2 x 50m Polo Drill W/Fins

2 x 50m Closed Fist Drill

2 x 50m Finger Drag Drill

2 x 50, Catch-up

100m F/S

Week 1 - Full

TECHNIQUE SESSION: 2100M

WARM UP:

200m Choice Swim

COOL DOWN:

100m BR/S

MAIN SET:

200m Side kick (100m each side)

200m Rotator Kick - W/Fins

200m Sculling and Kicking - W/Fins

200m Polo Drill W/Fins

200m Closed Fist Drill

200m Finger Drag Drill

200m Catch-up

200m F/S Pull - W/HP & PB

200m F/S - W/HP

SPRINT SESSION: 1300M

WARM UP:

200m F/S, breathig every 5 strokes

COOL DOWN:

200m Choice Swim

MAIN SET:

Repeat x3, 60s Break Between Rounds

2 x 100m F/S at 80% Effort, 30s Break

4 x 50m F/S at 90% Effort, 20s Break

Week 2 - Jnr

TECHNIQUE SESSION: 600M

WARM UP: W/KB & Fins

2 x 25m Side Kicking (25m
Each Side)

COOL DOWN:

4 x 25m Choice Swim

MAIN SET:

2 x 25m 6 Kick Switch F/S - W/Fins, 15s Break

2 x 25m Finger Tip Drag, 15s Break - W/Fins

2 x 25m One Arm F/S, 15s Break - W/Fins (50m
each side)

4 x 25m 3-3-3

2 x 100m F/S - W/Fins



SPRINT SESSION: 400M

WARM UP:

4 x 25m Choice Swim

MAIN SET:

10 x 25m (100%), 20s Break

COOL DOWN:

2 x 25m Choice Swim

Week 2 - Short

THRESHOLD SESSION: 850M

WARM UP:

100m B/S Kick - Streamline
Position

COOL DOWN:

100m Choice Swim

MAIN SET:

1 x 50m (12.5m 40%, 12.5m 60%, 12.5m 80%, 12.5m 100%) F/S, 20s Break
100m F/S (Perfect Technique)

3 x 50m (12.5m 40%, 12.5m 60%, 12.5m 80%, 12.5m 100%) F/S, 20s Break
100m F/S (Perfect technique)

5 x 50m (12.5m 40%, 12.5m 60%, 12.5m 80%, 12.5m 100%) F/S, 20s Break


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SPRINT SESSION: 900M

WARM UP:

100m Choice Swim

COOL DOWN:

100m Choice Swim

MAIN SET:

10 x 50m F/S (80%), 15s Break
60s Break

2 x 50m F/S (100%), 5s Break

Week 2 - Full

AEROBIC SESSION: 2400M

WARM UP:

200m Choice Swim

COOL DOWN:

200m Choice Swim

MAIN SET:

10 x 200m F/S, 20s Break, Consistent Pace

SPRINT SESSION: 1500M

WARM UP:

200m Choice Swim

MAIN SET:

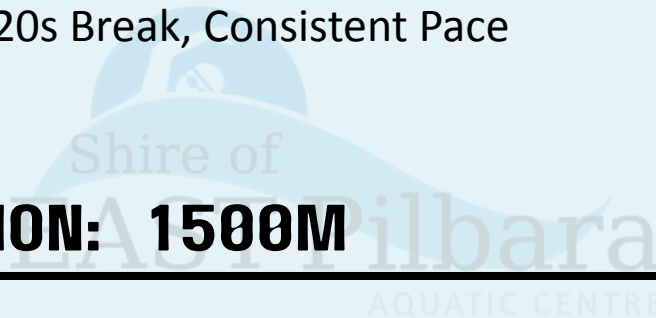
20 x 50m F/S (80%), 15s Break

60s Break

4 x 50m F/S (100%), 5s Break

COOL DOWN:

100m BR/S



Week 3 - Jnr

AEROBIC SESSION: 550M

WARM UP: W/KB

2 x 25m F/S kick

2 x 25m B/S Kick

COOL DOWN:

2x25m Choice Swim

MAIN SET: 60s Break Between Sets

6 x 25m F/S, 15s Break

3 x 50m F/S, 15s Break

1 x 100m F/S

SPRINT SESSION: 350M

WARM UP:

100m as 25m F/S, 25M BR/S, 25m B/S, 25m F/S

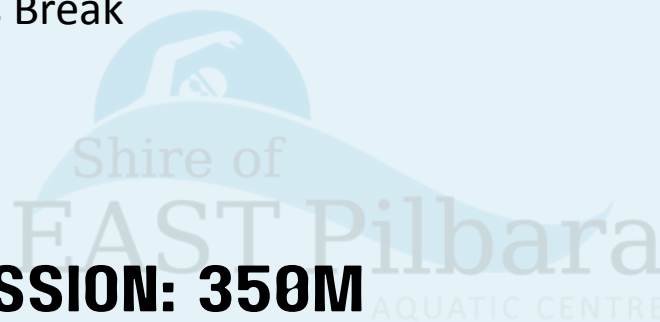
MAIN SET: (60s Break between each stroke)

4 x 25m F/S at 90% Effort, 20s Break

4 x 25m F/S at 100% Effort, 20s Break

COOL DOWN:

2 x 25m BR/S at Low Intensity



Week 3 - Short

SPRINT SESSION: 700M

WARM UP:

100m Choice Swim

COOL DOWN:

100m Choice Swim

MAIN SET: ALL F/S, W/Fins

3x 50m (25m 80%, 25m Easy), 30s Break

100m (Perfect Technique)

2 x 50m (35m 80%, 40% Easy), 30s Break

100m (Perfect Technique)

1 x 50m (100%), 30s Break



AEROBIC SESSION: 1300M

WARM UP:

100m BR/S

MAIN SET:

5 x 200m F/S, 20s Break, Consistent Pace

COOL DOWN:

200m Choice Swim

Week 3 - Full

AEROBIC SESSION: 2100M

WARM UP:

300M as 100m F/S, 100m B/S,
100m BR/S

MAIN SET:

10 x 100M F/S, 15s Break
2 x 100m F/S Pull W/HP & PB, 15s
Break
2 x 100m F/S Kick with KB, 15s
Break
2 x 100m IM

COOL DOWN:

200m Choice Swim

THRESHOLD SESSION: 1300M

WARM UP:

200m F/S
4 x 50m Polo

COOL DOWN:

150m Choice Swim

MAIN SET:

4 x 50m (25m 80%, 25m 40%), 30s Break
100m Perfect Technique
3 x 50m (35m 80%, 15m 40%), 30s Break
150m Perfect Technique
2 x 50m (80%), 30s Break
200m Perfect Technique
1 x 50m (90%)

Week 4 - Jnr

TECHNIQUE SESSION: 500M

WARM UP: W/KB & Fins

2 x 25m Side Kicking (25m
Each Side)

COOL DOWN:

100m Choice Swim

MAIN SET:

2 x 25m 6 Kick Switch F/S - W/Fins, 15s Break

2 x 25m Finger Tip Drag, 15s Break - W/Fins

2 x 25m One Arm F/S, 15s Break - W/Fins (50m
each side)

2 x 25m F/S Pull - W/PB

2 x 25m Breathing Pyramid, 20s Break - W/Fins

100m F/S

AEROBIC SESSION: 700M

WARM UP:

2 x 25m BR/S

MAIN SET:

3 x 100m, 30s Break - W/Fins

60s Break

3 x 100m, 30s Break - W/Fins

COOL DOWN:

2 x 25m Choice Swim

Week 4 - Short

TECHNIQUE SESSION: 900M

WARM UP:

150m Choice Swim

COOL DOWN:

100m BR/S

MAIN SET:

50m Polo Drill W/Fins

50m Closed Fist Drill - W/Fins

50m Finger Drag Drill W/Fins

100m F/S Pull - W/HP & PB

400m F/S - W/Fins

THRESHOLD SESSION: 1000M

WARM UP:

200m Choice Swim

COOL DOWN:

100m BR/S

MAIN SET:

2 x 50m (70%) F/S, 10s Break

1 x 100m (70%) F/S, 10s Break

2 x 50m (80%) F/S, 20s Break

1 x 100m (80%) F/S, 20s Break

2 x 50m (80%) F/S, 30s Break

1x 100m (80%) F/S, 30s Break

1 x 100m (100%) F/S

Week 4 - Full

TECHNIQUE SESSION: 1300M

WARM UP:

100m F/S Kick
(streamline)

100m B/S Kick
(streamline)

MAIN SET:

2 x 500m as Below, 45s Break

1. 50m Finger Drag

2. 50m F/S

3. 50m Zipper

4. 50m F/S

5. 50m Closed Fist

6. 50m F/S

7. 50m Corkscrew

8. 50m F/S

9. 50m 3 -3 -3

10. 50m F/S

COOL DOWN:

100m BR/S

SPRINT SESSION: 1200M

WARM UP:

100m F/S Kick - W/KB

100m F/S Pull - PB

MAIN SET:

14 x 50m, (40% on the odd, 80% on the easy), 5s Break

4 x 50m (100%), 10s Break

COOL DOWN:

200m F/S (easy), Mainting same stroke count for each 50m

Week 5 - Jnr

SPRINT SESSION: 300M

WARM UP:

25m F/S Kick
(Streamline)

25m B/S Kick
(Streamline)

MAIN SET:

2 x 25m F/S (70%), 5s Break
60s Break

2 x 25m F/S (80%), 10s Break
60s Break

2 x 25m F/S (90%), 15s Break
60s Break

2 x 25m F/S (100%) 20s Break

COOL DOWN:

2 x 25m BR/S

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THRESHOLD SESSION: 550M

WARM UP:

2 x 50m BR/S

COOL DOWN:

2 x 25m Choice Swim

MAIN SET:

3 Rounds of:

25m F/S (60%), 5s Break

25m F/S (70%), 5s Break

25m F/S (80%), 5s Break

25m F/S (90%), 5s Break

25m F/S (100%)

120s Break

Week 5 - Short

SPRINT SESSION: 800M

WARM UP:

50m F/S Kick
(Streamline)
50m B/S Kick
(Streamline)

MAIN SET:

2 Rounds of:
2 x 50m F/S (80%), 15s Break
2 x 50m F/S (90%), 20s Break
2 x 50m F/S (100%) 30s Break
60s Break

COOL DOWN:

100m BR/S

AEORBIC SESSION: 1000M

WARM UP:

100m BR/S

COOL DOWN:

100m Choice Swim

MAIN SET:

50m F/S, 5s Break
100m F/S, 10s Break
150m F/S, 15s Break
200m F/S, 20s Break
150m F/S, 15s Break
100m F/S, 10s Break
50m F/S

Week 5 - Full

AEROBIC SESSION: 2100M

WARM UP:

200m Choice
Swim

MAIN SET:

100m F/S, 5s Break
150m F/S, 10s Break
200m F/S, 15s Break
250m F/S, 20s Break
300m F/S, 30s Break
250m F/S, 20s Break
200m F/S, 15s Break
150m F/S, 10s Break
100m F/S

COOL DOWN:

200m Choice
Swim

SPRINT SESSION: 1600M

WARM UP:

100m B/S
100m F/S

COOL DOWN:

200m Choice Swim

MAIN SET:

3 Rounds of:

2 x 50m F/S (70%), 5s Break

2 x 50m F/S (80%), 5s Break

2 x 50m F/S (90%), 5s Break

2 x 50m F/S (100%) 5s Break

60s Break

Week 6 - Jnr

AEROBIC SESSION: 600M

WARM UP:

2 x 25m Choice
Swim

MAIN SET:

10 x 25m, 15s Break
60s Break
10 x 25m, 15s Break

COOL DOWN:

2 x 25m BR/S

TECHNIQUE SESSION: 500M

WARM UP:

2x 25m Choice swim

COOL DOWN:

2 x 25m BR/S

MAIN SET:

2 x 25m kicking and breathing, no arms -
W/KB

2 x 25m Catch-up

2 x 25m Catch -up Pull - W/PB

2 x 25m F/S Pull W/KB

2x 100m F/S, 15s Break W/Fins

Week 6 - Short

THRESHOLD SESSION: 800M

WARM UP:

100m Choice Swim

COOL DOWN:

2 x 50m BR/S

MAIN SET:

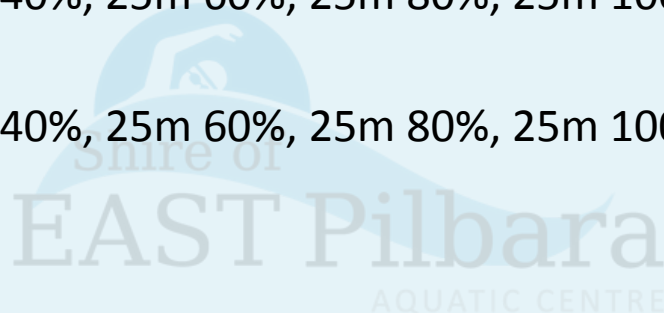
1 x 100m (25m 40%, 25m 60%, 25m 80%, 25m 100%)

45s Break

2 x 100m (25m 40%, 25m 60%, 25m 80%, 25m 100%), 20s Break

45s Break

3 x 100m (25m 40%, 25m 60%, 25m 80%, 25m 100%), 20s Break



TECHNIQUE SESSION: 900M

WARM UP:

2 x 50m Side Kick (50m each side) - W/KB

COOL DOWN:

2 x 50m BR/S

MAIN SET:

2 x 50m kicking and breathing, no arms (50m each Side) - W/KB

2 x 50m Corck Screw

2 x 50m 3-3-3

50m Catch -up Pull - W/PB

50m F/S Pull W/PB

2 x 50m Breathing every 5 arms - W/Fins

2x 200m F/S, 15s Break W/Fins

Week 6 - Full

THRESHOLD SESSION: 2000M

WARM UP:

200m Choice Swim

COOL DOWN:

200m BR/S

MAIN SET:

8 x 200m (50m 40%, 50m 60%, 50m 80%, 50m 100%), 20s Break

AEROBIC SESSION: 2200M

WARM UP:

100m F/S Kick - W/KB

100m B/S Kick - W/KB

MAIN SET:

3 x 600m

COOL DOWN:

200m Choice Swim

Week 7 - Jnr

THRESHOLD SESSION: 350M

WARM UP:

2x 25m as 25m F/S, 25m B/S

MAIN SET:

5 x 25m F/S (70%), 10s Break

60s Break

5 x 25m F/S (70%), 10s Break

COOL DOWN:

2 x 25m BR/S

SPRINT SESSION: 350M

WARM UP:

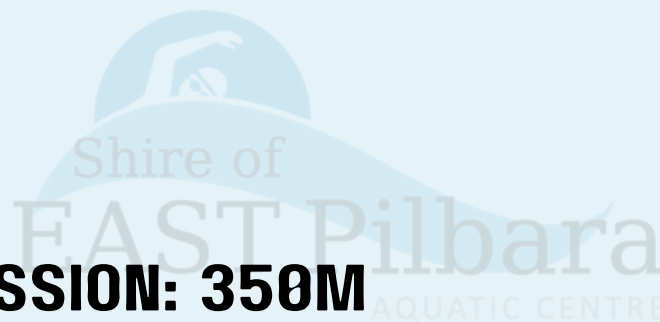
2x50m Choice Swim

MAIN SET:

5 x 25m F/S (100%), 30s Break

COOL DOWN:

2 x 50m BR/S



Week 7 - Short

THRESHOLD SESSION: 950M

WARM UP:

100m as 50m F/S, 50m B/S

COOL DOWN:

100m BR/S

MAIN SET:

10 x 25m F/S (70%), 10s Break

60s Break

10 x 25m F/S (70%), 10s Break

60s Break

10x 25m F/S (70%), 10s Break



SPRINT SESSION: 450M

WARM UP:

2x50m Choice Swim

MAIN SET:

10 x 25m F/S (100%), 20s Break

COOL DOWN:

2 x 50m BR/S

Week 7 - Full

THRESHOLD SESSION: 1700M

WARM UP:

100m Choice Swim

COOL DOWN:

100m Choice Swim

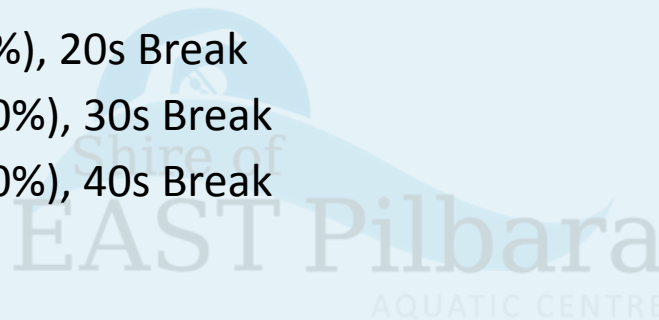
MAIN SET:

3 Rounds of:

4 x 50m F/S (70%), 20s Break

2 x 100m F/S (70%), 30s Break

1 x 200m F/S (70%), 40s Break



SPRINT SESSION: 450M

WARM UP:

100m Backstroke

COOL DOWN:

100m BR/S

MAIN SET:

3 Rounds of:

2 x 50m F/S (70%), 5s Break

2 x 50m F/S (80%), 5s Break

2 x 50m F/S (90%), 5s Break

2 x 50m F/S (100%) 5s Break

60s Break

Week 8 - Jnr

AEORBIC SESSION: 650M

WARM UP:

4 x 25m Choice Swim

COOL DOWN:

4 x 25m Choice Swim

MAIN SET: Keep Fins on for entirety of set

150 as:

- 50m F/S Kick - W/Fins &KB
- 50m F/S Pull - W/PB
- 50m F/S - W/Fins
- 60s Break

Repeat 3 times.

Swim in laps of 25m from shallow end to middle, middle to shallow end

TECHNIQUE SESSION: 450M

WARM UP:

4 x 25m F/S Kick
(Streamline) - W/Fins

COOL DOWN:

2 x 25m F/S

MAIN SET:

2 x 25m 6 Kick Switch - W/Fins

2 x 25m Corkscrew - W/Fins

4 x 25m F/S - W/Fins

100m F/S

Week 8 - Short

AEORBIC SESSION: 800M

WARM UP:

100m Choice Swim

COOL DOWN:

100m Choice Swim

MAIN SET: Keep Fins on for entirety of set

2 Rounds of the following.

300m as:

- 100m F/S Kick - W/Fins &KB
- 100m F/S Pull - W/PB
- 100m F/S - W/Fins
- 45s Break

*



TECHNIQUE SESSION: 900M

WARM UP:

2 x 50m F/S Kick

(Streamline) - W/Fins

COOL DOWN:

100m Choice Swim

MAIN SET:

2 x 50m 6 Kick Switch - W/Fins

2 x 50m Corkscrew - W/Fins

2 x 50m Zipper - W/Fins

2 x 50m Finger Drag - W/Fins

2 x 50m Breathing every 5 arms

2 x 100m F/S

Week 8 - Full

AEROBIC SESSION: 1600M

WARM UP:

200m Choice Swim

COOL DOWN:

200m Choice Swim

MAIN SET: Keep Fins on for entirety of set

2 Rounds of the following.

600m as:

- 100m F/S Kick - WFins &KB
- 100m F/S Pull - W/PB
- 100m F/S - W/Fins
- 100m F/S Kick - WFins &KB
- 100m F/S Pull - W/PB
- 100m F/S - W/Fins
- 60s Break



TECHNIQUE SESSION: 900M

WARM UP:

100m F/S Kick
(streamline)

100m B/S Kick
(streamline)

COOL DOWN:

100m BR/S

MAIN SET:

2 x 500m as Below, 45s Break

1. 50m Finger Drag

2. 50m F/S

3. 50m Zipper

4. 50m F/S

5. 50m Closed Fist

6. 50m F/S

7. 50m Corkscrew

8. 50m F/S

9. 50m 3 -3 -3

10. 50m F/S