

Advanced Swimming Routine-1

Program Specifics

Workout Duration	45-60 Minutes
Distance	2200 meters
Pool Length	25 meters

Warm up (Repeat 4 times)

1 x 50m Freestyle Swim (even pace) (Rest 15 seconds every 50 meters)

Instructions: Freestyle swim at a steady pace.

1 x 50m Breaststroke Swim (even pace) (Rest 15 seconds every 50 meters)

Instructions: Backstroke swim at a steady pace.

Build up (Repeat 8 times)

1 x 25m Single Arm (arm by side) 6 x left, 6 x right, 6 x full stroke (Rest 10 seconds every 25 meters)

Instructions: Freestyle using one arm at a time, focusing on shoulder and hip rotation. Complete 6 arm strokes with the left arm then 6 strokes with the right arm followed by 6 strokes using both arms. The non-stroking arm is held by your side.

1 x 25m Freestyle Streamline Kicking (Rest 10 seconds every 25 meters)

Instructions: Freestyle kick with arms held out front in a streamlined position. Fingers overlap with one thumb lightly gripping the opposite hand. Lift your chin above the water to breath without turning your head.

Core (Repeat 1 time)

4 x 100m Freestyle Swim (Begin each interval every 02:20 per 100 meters)

Instructions: Freestyle swim, starting every 100m set on the defined time period. The departure time combines your swimming target time and rest time, so the faster you swim the more rest you will have. Conversely, the slower you swim, the less rest time you will have.

4 x 100m Freestyle Swim (Begin each interval every 02:15 per 100 meters)

Instructions: Freestyle swim, starting every 100m set on the defined time period. The departure time combines your swimming target time and rest time, so the faster you swim the more rest you will have. Conversely, the slower you swim, the less rest time you will have.

8 x 50m Freestyle Swim (Begin each interval every 01:10 per 50 meters)

Instructions: Freestyle swim, starting every 50m set on the defined time period. The departure time combines your swimming target time and rest time, so the faster you swim the more rest you will have. Conversely, the slower you swim, the less rest time you will have.

Warm down

8 x 25m Any Stroke Easy (Rest 10 seconds every 25 meters)

Instructions: Swim any stroke of your choice at a slow, relaxed pace.

Intensity key

Easy	50-60% of your maximum heart rate
Aerobic	60-70% of your maximum heart rate
Endurance	70-80% of your maximum heart rate
Sprint	80-90% of your maximum heart rate

Advanced Swimming Routine-2

Program Specifics

Workout Duration	45-60 Minutes
Distance	2800 meters
Pool Length	25 meters

Warm up (Repeat 1 time)

4 x 100m Backstroke Swim (Kick every 4th 25m) (Rest 20 seconds every 100 meters)

Instructions: Backstroke swim for 75m then Back Kick with arms loosely by your sides for 25m.

Build up (Repeat 6 times)

1 x 50m Long Dog (Rest 10 seconds every 50 meters)

Instructions: Arms pull under water, completing the propulsion phase of the Freestyle stroke. Hands return to the start position under the water. Hold your head in a Freestyle position.

1 x 50m Single Arm (arm by side) 6 x left, 6 x right, 6 x full stroke (Rest 10 seconds every 25 meters)

Instructions: Freestyle using one arm at a time, focusing on shoulder and hip rotation. Complete 6 arm strokes with the left arm followed by 6 strokes with the right arm. The non-stroking arm is held by your side.

Core (Repeat 1 time)

4 x 400m Freestyle Swim (Begin each interval every 08:30 per 400 meters)

Instructions: Freestyle swim, starting every 400m set on the defined time period. The departure time combines your swimming target time and rest time, so the faster you swim the more rest you will have. Conversely, the slower you swim, the less rest time you will have.

Warm down (Repeat 2 times)

1 x 50m Freestyle Push and Glide (Rest 15 seconds every 50 meters)

Instructions: Freestyle swim, pausing at the end of every stroke with arms out-stretched, one held out front, the other held loosely against the body.

1 x 50m Freestyle Easy (Rest 15 seconds every 50 meters)

Instructions: Freestyle swim at a slow, relaxed pace.

Intensity key

Easy	50-60% of your maximum heart rate
Aerobic	60-70% of your maximum heart rate
Endurance	70-80% of your maximum heart rate
Sprint	80-90% of your maximum heart rate

Advanced Swimming Routine-3

Program Specifics	
Workout Duration	45-60 Minutes
Distance	3200 meters
Pool Length	25 meters

Warm up (Repeat 1 time)	
8 x 50m Any Stroke Swim (Even Pace) (Rest 15 seconds every 50 meters)	
Instructions: Swim any stroke of your choice at a steady pace.	
4 x 50m breaststroke Swim - 2 kicks for every 1 arm stroke (Rest 15 seconds every 50 meters)	
Instructions: Breaststroke swim completing two kicks to every stroke.	
Build up (Repeat 2 times)	
4 x 50m Breaststroke - 2 kicks for every 1 arm stroke (Rest 10 seconds every 50 meters)	
Instructions: Breaststroke swim completing two kicks to every 1 stroke.	
1 x 100m Breaststroke Glide and Stretch (Rest 15 seconds every 100 meters)	
Instructions: Breaststroke swim, pausing at the end of each stroke with an extended glide for 2 seconds.	
Core (Repeat 1 time)	
6 x 100m Freestyle Swim - Target time is 2:00 minutes per 100m (Rest 25 seconds every 100 meters)	
Instructions: Freestyle swim at a steady pace trying to keep closely to the given target time for every 100m. If your target time is too easy or too difficult complete another time trial.	
5 x 100m Freestyle Swim - Target time is 2:00 minutes per 100m (Rest 20 seconds every 100 meters)	
Instructions: Freestyle swim at a steady pace trying to keep closely to the given target time for every 100m. If your target time is too easy or too difficult complete another time trial.	
4 x 100m Freestyle Swim - Target time is 2:00 minutes per 100m (Rest 15 seconds every 100 meters)	
Instructions: Freestyle swim at a steady pace trying to keep closely to the given target time for every 100m. If your target time is too easy or too difficult complete another time trial.	
3 x 100m Freestyle Swim - Target time is 2:00 minutes per 100m (Rest 05 seconds every 100 meters)	
Instructions: Freestyle swim at a steady pace trying to keep closely to the given target time for every 100m. If your target time is too easy or too difficult complete another time trial.	
Warm down (Repeat 1 time)	
2 x 100m Any Stroke Easy (Rest 20 seconds every 100 meters)	
Instructions: Swim any stroke of your choice, at a slow, relaxed pace.	

Intensity key	
Easy	50-60% of your maximum heart rate
Aerobic	60-70% of your maximum heart rate
Endurance	70-80% of your maximum heart rate
Sprint	80-90% of your maximum heart rate