

Beginner Swimming Routine-1

Program Specifics

Workout Duration	45-60 Minutes
Distance	1100 meters
Pool Length	25 meters

Warm up (Repeat 1 time)

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

Instructions: Swim your choice of stroke at a steady pace.

Build up (Repeat 4 times)

1 x 25m Single Arm with kickboard 6 x left, 6 x right (Rest 10 seconds every 25 meters)

Instructions: Freestyle swim using one arm at a time. Complete six arm strokes with the left arm followed by six complete strokes with the right arm. The non-stroking arm holds the kickboard out front and swaps with the stroking arm every six strokes.

1 x 25m Freestyle Kick with kickboard (Rest 10 seconds every 25 meters)

Instructions: Freestyle kicking using a kickboard. Grip the front and rest your forearms on the board. Your chin should just touch the water.

Core (Repeat 2 times)

8 x 25m Freestyle (25m Easy, 25m Effort) (Rest 10 seconds every 25 meters)

Instructions: Freestyle swim at a slow, relaxed pace for 25m, followed by Freestyle at a fast pace for 25m. Recover during the easy part of the swim.

2 x 50m Freestyle Catch Up (Rest 20 seconds every 50 meters)

Instructions: Freestyle drill where one arm catches up to the other between strokes. Both arms start stretched out. One arm completes full stroke (both arms return to a stretched out position) then the other arm completes a full stroke. Pull with one arm at a time and touch your hands between each alternating arm stroke.

Cool down

2 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

Beginner Swimming Routine-2

Program Specifics

Workout Duration	45-60 Minutes
Distance	1100 meters
Pool Length	25 meters

Warm up (Repeat 1 time)

2 x 100m Any Stroke (even pace) (Rest 20 seconds every 100 meters)

Instructions: Swim your choice of stroke at a steady pace.

Build up (Repeat 4 times)

1 x 25m Freestyle Breath Left (Rest 10 seconds every 25 meters)

Instructions: Freestyle swim, breathing only on your left side.

1 x 25m Freestyle Breath Right (Rest 10 seconds every 25 meters)

Instructions: Freestyle swim, breathing only on your right side.

Core (Repeat 1 time)

8 x 25m Freestyle Swim (1 to 4 progressive, 5 to 8 progressive...) (Rest 15 seconds every 25 meters)

Instructions: Freestyle swim with increasing intensity for each repeat. Start easy and progressively get faster. Swim the first and the fifth repeat at the same speed.

3 x 100m Any Stroke (continuous) (Rest 30 seconds every 100 meters)

Instructions: Swim your choice of stroke, continuously for the given distance.

4 x 25m Freestyle Swim, rest 0:30 / 25m (Rest 30 seconds every 25 meters)

Instructions: Swim your choice of stroke, continuously for the given distance.

Cool down

2 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

Beginner Swimming Routine-3

Program Specifics

Workout Duration	45-60 Minutes
Distance	1100 meters
Pool Length	25 meters

Warm up (Repeat 1 time)

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

Instructions: Swim your choice of stroke at a steady pace.

Build up (Repeat 4 times)

1 x 25m Single Arm (arm out front) 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 out front in a streamlined position.

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

Instructions: Freestyle swim with maximum Distance Per Stroke (DPS). Concentrate on long, efficient strokes and a high streamlined body position to reduce drag in the water. Count your strokes per lap and try to reduce.

Core (Repeat 3 times)

4 x 25m Freestyle Swim, target time 40 seconds per 25m (Rest 15 seconds every 25 meters)

Instructions: Freestyle swim at a steady pace, trying to keep closely to the given target time for every 25m. If your target time is too easy or too difficult please complete another time trial.

4 x 25m Freestyle Swim, target time 40 seconds per 25m (Rest 10 seconds every 25 meters)

Instructions: Freestyle swim at a steady pace, trying to keep closely to the given target time for every 25m. If your target time is too easy or too difficult please complete another time trial.

Cool down

1 x 100m Easy Any Stroke (Rest 20 seconds every 100 meters)

Instructions: Swim your choice of stroke, 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