

Intermediate Swimming Routine-1

Program Specifics

Workout Duration	45-60 Minutes
Distance	1400 meters
Pool Length	25 meters

Warm up (Repeat 2 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: Breaststroke swim 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 Catch Up (Rest 10 seconds every 25 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.

Core (Repeat 4 times)

4 x 25m Freestyle Swim (Target time 30 seconds per 25 meters) (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 30 seconds per 25 meters) (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

8 x 25m Easy Any Stroke, rest 10 seconds every 25 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

Intermediate Swimming Routine-2

Program Specifics

Workout Duration	45-60 Minutes
Distance	1600 meters
Pool Length	25 meters

Warm up (Repeat 4 times)

1 x 25m Freestyle Swim (even pace) (Rest 10 seconds every 25 meters)

Instructions: Freestyle swim at a steady pace.

1 x 25m Breaststroke Swim (even pace) (Rest 10 seconds every 25 meters)

Instructions: Breaststroke swim at a steady pace.

Build up Repeat 1 time)

2 x 100m Freestyle Swim (kick every 4th 25m) (Rest 20 seconds every 100 meters)

Instructions: Freestyle swim for 75 meters then kick with arms in a streamlined position for 25 meters.

Core (Repeat 5 times)

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

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

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

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

1 x 100m Freestyle Bilateral Breathing (Rest 20 seconds every 100 meters)

Instructions: Freestyle swim with breathing on alternate sides, typically every 3 strokes.

Cool down

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

Instructions: Freestyle swim at a slow, relaxed pace.

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

Intermediate Swimming Routine-3

Program Specifics

Workout Duration	45-60 Minutes
Distance	2000 meters
Pool Length	25 meters

Warm up (Repeat 2 times)

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

Instructions: Freestyle swim at a steady pace.

1 x 50m Backstroke 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 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 Catch Up (Rest 10 seconds every 25 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.

Core (Repeat 1 time)

6 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 go 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 go the more rest you will have. Conversely, the slower you swim, the less rest time you will have.

2 x 100m Freestyle Swim (Begin each interval every 02:10 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 go the more rest you will have. Conversely, the slower you swim, the less rest time you will have.

Cool down

2 x 100m Breaststroke Easy (Rest 20 seconds every 100 meters)

Instructions: Breaststroke 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