



The following is a series of swim workouts that you can use to guide your swim training. The Drill Workout is a great recovery and technique workout. The rest of the workouts get progressively more difficult as you get more comfortable in the water.

Drill Workout

Description	Distance	Total
Warm up: swim(any stroke)		200 - 500
<p>Technique Set 10 x 150 on 30 seconds rest doing 100 drill followed by 50 swim. If you don't know a drill, substitute one you do. If you need to cut the workout short, swim the drills as 50 instead of 100s. Review the Swim Drills Document for a description of each drill.</p> <p>100 drill - catch up stroke 50 swim (build to sprint)</p> <p>100 drill - six kick switch 50 swim (build to sprint)</p> <p>100 drill one arm per length 50 swim (build to sprint)</p> <p>100 drill finger tip drag 50 swim(build to sprint)</p> <p>100 drill - shark 50 swim(build to sprint)</p> <p>100 drill- scull on the side 50 swim (build to sprint)</p> <p>100 drill- flip hand on hip kick,kick,kick 50 swim(build to sprint)</p> <p>100 drill- empty the pool 50 swim(build to sprint)</p> <p>100 drill- fist swim 50 swim(build to sprint)</p> <p>100 drill- breath every 5 strokes 50 build to sprint</p>	10 x 150 or 10 x 100	1500 or 1000
Warm Down – easy pull – with buoy		200 - 500
Total		1400 - 2500

Beginner Swim Program I

Description	Distance	Total
Warm up: swim(any stroke)		200
Kick	4 X 25	100
Technique Set (evens drill, odds swim DPS, rest as needed)		
- catch up drill	2 X 25	50
- finger tip drag drill	2 X 25	50
- one arm swim	4 X 25	100
- 6 kick switch	2 X 25	50
Main Set		
Swim freestyle smooth at 75% effort on 30 sri	10 X 50	500
Swim Freestyle faster at 85% effort on 20 sri	10 X 25	250
Warm Down		200
Total		1500

Beginner Swim Program II

Description	Distance	Total
Warm up: swim(any stroke)		200
Kick	4 X 25	100
Technique Set (evens drill, odds swim DPS, rest as needed)		
- catch up drill	2 X 25	50
- finger tip drag drill	2 X 25	50
- one arm swim	4 X 25	100
- 6 kick switch	2 X 25	50
Main Set		
Stroke No Freestyle - (Fly, Back, or Breast)	6 X 50	300
Swim freestyle smooth at 75% effort on 30 sri	10 X 50	500
Swim Freestyle faster at 85% effort on 20 sri	10 X 25	250
Warm Down		200
Total		1800

Beginner Swim Program III

Description	Distance	Total
Warm up: swim(any stroke)		200
Kick	4 X 25	100
Technique Set (evens drill, odds swim DPS, rest as needed)		
- catch up drill	2 X 50	100
- finger tip drag drill	2 X 50	100
- one arm swim	4 X 50	200
- 6 kick switch	2 X 50	100
Main Set		
Stroke No Freestyle - (Fly, Back, or Breast)	6 X 50	300
Swim freestyle smooth at 75% effort on 30 sri	10 X 75	750
Swim Freestyle faster at 85% effort on 20 sri	10 X 50	500
Warm Down		200
Total		2550

Beginner Swim Program IV

Description	Distance	Total
Warm up: swim(any stroke)		200
Kick	4 X 25	100
Technique Set (evens drill, odds swim DPS, rest as needed)		
- catch up drill	2 X 50	100
- finger tip drag drill	2 X 50	100
- one arm swim	4 X 50	200
- 6 kick switch	2 X 50	100
Main Set		
Stroke No Freestyle - (Fly, Back, or Breast)	6 X 50	300
Swim freestyle smooth at 75% effort on 30 sri	10 X 100	1000
Swim Freestyle faster at 85% effort on 20 sri	10 X 75	750
Warm Down		200
Total		3050