

SAMPLE ADULT COACHED SWIM WORKOUTS

- *These can be adapted by the coach to fit your needs, and are unique each week.*
- *Workouts are often available, written on a white board kept in the Recreation Office. Ask the Front Desk staff if you would like to use it.*

Introductory Technique Workout

25 meter (one length of pool) warm up
25 meter kick (with board)
25 meter kick (no board – underwater)
rest 3 minutes
25 meter drill (right arm only)
25 meter drill (left arm only)
rest 3 minutes
50 meter swim (alternate breathing)
25 meter easy (warm down, any stroke)
Total: 200 meters

Intermediate Technique Workout

50 meter (one length of pool) warm up
25 meter kick (with board) rest 1 min
25 meter kick (no board) on side rest 1 min
25 meter kick (no board) on other side rest 1 min
25 meter kick (with board) on back
practice 4 open turns
practice 4 flip turns
2X 25 meter (12 ½ yards fast, 12 ½ easy)
25 meter easy swim
50 meter pull
25 meter backstroke
25 meter breast stroke
25 meter back stroke
25 meter drill (swim with fist hands)
Total: 425 meters

Advanced Technique Workout

200 meter free warm up

DRILL SET

25 meter Fist Drill

25 meter Fingertip Drill

25 meter Finish Drill

25 meter 2R/2L Arm Drill

AEROBIC SET

25 meter free hard

25 meter free easy

50 meter free hard

50 meter free easy

75 meter free hard

50 meter free easy

STROKE WORK: BREAST DRILL

25 meter 2 Count Glide

25 meter 2 Kick/1 Pull

25 meter 2 Pull/1 Kick

25 meter Opp Hand/Opp Foot

AEROBIC SET

4 X 50 meter breast on 1:45 sec interval (4 X 25 breast optional)

COOL DOWN

100 meter free easy

Total: 975 meters

Endurance 1 Workout

200-400 meter free warm up

DRILL SET

50 meter Fist Drill

50 meter Fingertip Drill

50 meter Finish Drill

50 meter 2R/2L Arm Drill

AEROBIC SET

25 meter free hard

50 meter free easy

75 meter free hard

100 meter free easy

100 meter free hard

75 meter free easy

50 free hard

25 free easy

STROKE WORK: BREAST DRILL

50 meter 2 Count Glide

50 meter 2 Kick/1 Pull

50 meter 2 Pull/1 Kick

50 meter Opp. Hand/Opp. Foot

AEROBIC SET

4 X 75 meter breast on 1:45 sec interval (4 X 50 meter breast optional)

3 x 50 meter swim golf

COOL DOWN

100 meter free easy cool down

Total: 1850 meters

Endurance 2 Workout

200-400 meter rotate drill, kick, pull, swim

AEROBIC FREE SET

4 x 50 meter Pull (Breathe 3/5/5/3)

4 x 50 Swim meter (EZ, Mod, Mod-Fast, Fast) :30 sec rest

4 x 50 meter Sprint Kick (1 min rest)

4 x 50 meter Swim (Fast, Mod-Fast, Mod, EZ) :30 sec rest)

STROKE WORK

3 x 200 meter (Pull, Drill, Swim) @ 30 sec

COOL DOWN

200 cool down

Total: 1800-2000 meters