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TERMINOLOGY

In the sport of swimming, there are different terms that are used to describe how a set should be done that you may not be used in other sports or workout regimen. We have streamlined this program to contain the most useful of those terms and have them listed here as a reference with so it is easy to understand what the set is asking of you.

Build: A build is where you consistently increase your pace throughout the perscribed distance. When you push off and begin swimming, you should be at your slowest pace, and as the swim continues you will gradually get faster. This differs from a descend, which gets faster each perscribed length as opposed to throughout the length. Ex: if you are doing 4x50s build, from the start of 50, you should be at your slowest, as you get to the end of the 50, you will be at your fastest. Then the next 50s you will do the exact same thing.

Build Up/Down: A set may ask you to build up or down. If it says build up, then you treat it as a normal build. If it says build down, it is treated as normal build, but you will be reversing the direction of the build. So instead of starting of slow, you will start of fast and slow down throughout the perscribed length.

Descend: A descend is done in multiple sets of lengths. A descend is where each perscribed length in the set gets faster and faster. Your pacing will be the same throughout each of the perscribed lengths, they will just be getting faster as time goes on. When a descend is written, it is written with number(1-4 or 1-3, etc.). Ex: In the case of 4x50 desc 1-4(read "descending one to four") the first 50 will be your slowest, the second will be faster, third even faster, and the fourth is your fastest.

Easy: When you a perscribed a length that is easy, that means it should be done as a recovery. Focus on a very relaxed effort that allows your heart rate to get down to a very relaxed level.

Kick: When a set says kick, it means you are only to use your legs. You may kick with a kick board or in a streamline on your back. For the puposes of this program, we recommend working primarily on flutter kick.

Pull: When you are perscribed a pull set, make sure that your main focus is on your arms and the "pull" on the water. We try to emphasize this through the use of equipment such as pull buoys and paddles, however, we understand not everyone may have access to such equipment so the set should still be done but with an intensified focus on the arms.

PROCESS

Process

This program will guide you through a progression that will improve overall endurance and speed in the water. We begin with a test week to determine where you are at time-wise in three races, the 200, 100, and 50 Freestyle. The first day is meant to prepare you for the second day, which is the day of the actual tests.

After the testing week, we have written out a 2 days a week, 8 week progression, that builds in yardage and difficulty each week, maxing out at ~2k on the distance days and ~1.5k on the sprint days. This yardage is sufficient for the average athlete where swimming has not been a priority or is something that does not get practiced very often.

A second testing week rounds out the end of the progression to establish how much better you have gotten. This week is the exact same week as the first for the sake of consistency and also to taper off your yardage going into the testing day.

As always, if a workout or progression written in this book becomes too difficult, extra rest or scaling down the workout for your needs is perfectly acceptable and highly recommended. You can always come back through this progression and try and beat the times or increase your yardage from the first round through.

Equipment

This program does have equipment written into the program. The only pieces we use are kick boards, pull buoys, and paddles. For the most part, local pools will typically have a stash of these pieces of equipment for patrons to use. If they don't, no worries. You can always complete this program without those pieces of equipment or you can go to your local pool supply or sporting goods store and buy your own.

Kickboard: Kickboards are used during portions being designated as kick. This means that you are only to kick and you can use a board to help you do so. The board elevates your upper body so you can breathe the whole time.

Pull Buoy: A pull buoy is worn between your legs as close to your hips as you can get it. The pull buoy is used on pulling sets to help you focus on your arms. It limits your kicking and elevates your hips so the focus of the set can be solely on your pull.

Paddles: Paddles are worn on the hands and increase surface area, building both strength in your pull and overemphasizes the feel of the water on your hands

TESTING

Day 1: Prep Day

Warm Up:

2x

100 swim

50 kick 300 300

4x25 swim desc 1-4

rest :30 between each

50 easy

4x50 swim desc 1-4

rest :45 between each 350 650

200 warm down 200 850

Day 2: Testing

Warm Up

100 swim

100 kick

4x25 swim desc 1-4 300 300

4x25

1st- build up

2nd- build down

3rd- easy

4th- fast

rest :20 between each 25 100 400

For Time:

200 Freestyle

*break

For Time:

100 Freestyle

*break

For Time:

50 Freestyle

*between each of these, take as much time as you need to recover and get ready for the next effort. You should both rest on the wall and swim at a very easy effort at least double of what you just swam record your times to compare for the next test!

200 warm down

WEEK 1

Day 1: Sprint

Warm Up:

100 Swim

100 Kick

100 Swim 300 300

Main Set

2x

4x25 kick @ consistent effort

rest :10 between each 25

4x25 swim @ 80-90%

rest :10 between each 25

rest 1:00 between rounds 400 700

100 warm down 100 800

Day 2: Distance

Warm Up

4x75 25 kick/25 swim/25 descend 1-4

your choice of rest

descend to a strong effort 300 300

200 pull with paddles and buoy

consistent effort focus on long pull

and feeling the pressure of the water

on your hands 200 500

4x100 swim

odds- recovery pace

evens- fastest pace you can hold each time

rest :30 between each 400 900

200 warm down 200 1100

WEEK 2

Day 1: Sprint

Warm Up:

50 swim

50 kick

100 swim

100 kick 300 300

2x

{

4x25

1st- build up

2nd- build down

3rd- easy

4th- fast 200 500

rest :20 between each 25

}

Rest 1:00 between rounds

3x

}

4x25 sprint

rest :10 sec between each effort

rest 2:00 between each round

} 300 800

100 warm down 100 900

Day 2: Distance

Warm Up

3x

50 swim

25 kick

25 build 300 300

250 pull with paddles and buoy
consistent effort focus on long pull
and feeling the pressure of the water
on your hands 250 550

4x150 swim desc 1-4

start out at easy pace and finish the descend
at your goal 500 pace

rest :30 between each 600 1150

200 warm down 200 1350

WEEK 3

Day 1: Sprint

Warm Up

2x

100 swim

100 kick

400 400

2x

{

4x25 kick sprint

rest :10 between each 25

4x50 swim 80-90%

rest :20 between each 25

rest 2:00 between rounds

}

600 1000

100 warm down

100 1100

Day 2: Distance

Warm Up

2x

100 swim

50 kick

50 swim desc 1-3

400 400

300 pull with paddles and buoy
consistent effort focus on long pull
and feeling the pressure of the water
on your hands

300 700

3x200

descending 1-3

rest :40 between each

600 1300

200 warm down

200 1500

WEEK 4

Day 1: Sprint

Warm up:

100 Swim

100 Kick

100 Swim 300 300

200 continuous easy swim

every 4th 25 is at 80%

all the other 25's are

focusing on distance per stroke 200 500

2x

{

4x50 sprint

:20 rest between each

}

2:00 rest between rounds 400 900

200 warm down 200 1100

Day 2: Distance

Warm up:

25 swim

100 kick

50 swim

75 kick

75 swim

50 kick

100 swim

25 kick 500 500

350 pull with paddles and buoy

consistent effort focus on long pull

and feeling the pressure of the water

on your hands 350 850

3x

{

100 swim

100 kick

Go right into the kick, no breaks between the two 100s. This should be about 60-70% effort or easy pace to hold for 6 rounds

}

:40 rest between rounds 600 1450

100 warm down 100 1550

WEEK 5

Day 1: Sprint

Warm up:

2x

100 swim, build the 2nd round

100 kick 400 400

2x

{

8x50 at consistently fast effort

round 1- kick

round 2- swim

rest :30 between each 50

}

rest 2:00 between each round 800 1200

200 warm down 200 1400

Day 2: Distance

Warm Up

150 swim

150 kick

150 swim 450 450

5x100 desc 1-5

descend to about 75-80% or something you can hold for a 500

rest 1:00 between each 500 950

250 swim

2:30 rest

200 swim

2:00 rest

150 swim

1:30 rest

100 swim

1:00 rest

50 swim 750 1700

*maintain consistent pace throughout the entire set. example:
the first 250 of the set should be the same speed of the last 50
of the set

100 warm down 100 1800

WEEK 6

Day 1: Sprint

Warm up:

100 swim

100 kick

4x25 swim desc 1-4

rest :20 300 300

300 continuous easy swim

every 4th 25 is faster than two weeks ago

all the other 25's are focusing on distance

per stroke 300 600

2x

{

4x75 fast

rest :30 between each

}

rest 2:30 between rounds 600 1200

100 warm down 100 1300

Day 2: Distance

Warm up:

3x

100 swim

50 kick 450 450

400 pull with paddles and buoy

consistent effort focus on long pull

and feeling the pressure of the water

on your hands 400 850

4x200

odd- swim desc 1-2

even- kick

rest 1:00 between each 200

descend the swims to approximately 500 pace 800 1650

200 warm down 200 1850

WEEK 7

Day 1: Sprint

Warm up:

2x

100 swim

100 kick 400 400

4x25

1st- build up

2nd- build down

3rd- easy

4th- fast

rest :20 between each 25 100 500

4x200

100 all out effort/100 super easy

recovery pace rest :30 seconds

between 200s. Go as fast as

possible on the 1st 100, touch

the wall and look at the clock to

see your time and then immediately

go into the second 100 which you

should take your time on since it is recovery 800 1300

100 warm down 200 1400

Day 2: Distance

Warm Up

2x

100 swim

50 kick 300 300

5x

100 swim build

build to 200 pace

rest :30 between each 500 800

5x

150 swim at approximately

~70-75% or 500 pace

50 kick at easy recovery pace

rest :30 between each 1000 1900

100 warm down 100 2000

WEEK 8

Day 1: Sprint

Warm up		
50 swim		
50 kick		
100 swim		
100 kick	300	300
2x		
{		
4x100 fast		
rest :40 between each		
}		
rest 3:00 between rounds	800	1300
200 warm down	200	1500

Day 2: Distance

Warm Up		
3x		
50 swim		
50 kick		
50 swim	450	450
500 pull with paddles and buoy		
consistent effort focus on long pull		
and feeling the pressure of the water		
on your hands	500	950
400 swim		
3:00 rest		
2x200 swim		
2:00 rest between each 200		
3x100 swim		
1:00 rest between each 100		
4x50 swim		
:30 rest between each 50	1300	2100
200 warm down	100	2200

TESTING

Day 1: Prep Day

Warm Up:

2x

100 swim

50 kick 300 300

4x25 swim desc 1-4

rest :30 between each

50 easy

4x50 swim desc 1-4

rest :45 between each 350 650

200 warm down 200 850

Day 2: Testing

Warm Up

100 swim

100 kick

4x25 swim desc 1-4 300 300

4x25

1st- build up

2nd- build down

3rd- easy

4th- fast

rest :20 between each 25 100 400

For Time:

200 Freestyle

*break

For Time:

100 Freestyle

*break

For Time:

50 Freestyle

*between each of these, take as much time as you need to recover and get ready for the next effort. You should both rest on the wall and swim at a very easy effort at least double of what you just swam record your times to compare for the next test!

200 warm down