

“AT HOME” TRAINING OPTIONS

As with all training programs, please use appropriate safety precautions when completing them. Proper supervision by an adult is important any time a child is swimming in a pool or open body of water. Be aware of your body and stop the session immediately if you experience pain due to injury.

GOAL: Having a purpose to your training regimen will make the session more enjoyable and increase motivation. Do your best to understand what is being accomplished and trust a long-term approach. Simply attacking one session extremely hard followed by a week of relaxation will only increase the chance of injury....not to mention it isn't much fun for the body or the soul.

Training Equipment

Keep it simple...goggles, swim cap, water bottle.

Optional: Kickboard, front-mounted swimmer snorkel, paddles

Options for creating a “water treadmill” out of a back yard pool:

1. Jets Blue Shoulder Cord (sr/jr) and your belt
2. [Stretch cord and belt](#) (one option on Amazon)
3. [“Home Swimmer System”](#)

Workout “Appetizers”

Sprinkle in the following before and/or after your main set:

| <u>25-YARD POOL</u> | <u>HOME POOL</u> |
|---|---|
| Depending on the facility... <ol style="list-style-type: none">1. Work on flip turns (Back and Free)2. Work on Open turns (Fly, Breast, IM)3. Diving/starts – if depth is available4. Drill progressions – work through each stroke for 8 x 25...start out with the most basic body position/kicking drill and progress to full stroke by the last 25.5. Sculling with a pull bouy (hands only) | <ol style="list-style-type: none">1. Push-off wall and see if you can streamline all the way to the other side without kicking/breathing2. Push-off wall and streamline fly kick to other side3. Vertical Kicking – you can use different kicks – kick for 30 seconds with hands on shoulders, then tread with hands only (cross legs) for 30 seconds4. Swim for distance...how far can you go with just 3-4 strokes? Can you get across the pool with even less?5. Have a Diving Board? Safely use it as a starting block...dive and streamline to other side without kicking. |

| <u>WORKOUT TYPE</u> | <u>25-YARD POOL</u> | <u>OPEN WATER/HOME POOL (TREADMILL)</u> |
|--|--|--|
| AEROBIC SET 1 SR/JR DURATION: 25 MIN | 8 x { 150 free at 85% with low SC { Rest 15 seconds { 50 free at 90% with a faster rate { Rest 30 seconds | 8 x { 2:00 swim at 85% using long strokes { Rest 15 seconds { :30 swim at 90% with a faster rate { Rest 30 seconds |
| AEROBIC SET 1 AG DURATION: 18 MIN | 10 x { 75 free at 85% with low SC { Rest 10 seconds { 25 free at 90% with a faster rate { Rest 20 seconds | 10 x { 1:00 swim at 85% using long strokes { Rest 10 seconds { :15 swim at 90% with a faster rate { Rest 20 seconds |
| AEROBIC SET 2 SR/JR DURATION: 30 MIN | 5 x { 400 free at 85% { Rest 30-45 seconds Track times...descend #3-5 (swims get faster each repeat) | 5 x { 5:00 swim at 85% { Rest 45-60 seconds |
| ANAEROBIC SPEED SET 1 DURATION: 30 MIN | 6 x { 50 Sprint, 25 E-Z float on 1:30 – record and average times Rest 2 Minutes 5 x { same as above on 1:45 Rest 2 Minutes 4 x { same as above on 2:15 | 6 x { 30 second sprint, tread water for 15 seconds, rest on wall/floatation device for 30 seconds Rest 2 Minutes – repeat whole set 2 more times |
| GENERAL KICK-SWIM SET DURATION: 21 MIN | 3 Rounds of... { 4 x 25 sprint with :15 seconds Rest { 50-75 yards kicking { 100-150 yards swimming { 50-75 yards kicking { Rest 1:00 | 3 Rounds of... { 4 x 15 seconds swim Fast Pace, 15 seconds float { 1:00 continuous kicking/treading without hands { 2:00 continuous swimming { 1:00 continuous kicking/treading without hands { Rest 1:00 |
| WEEKLY TEST SET (SR/JR) | 1 x 1000 Swim for time...rest 10 seconds after each 100. At the end, subtract 90 seconds of rest from total time. | Open Water...if you can determine a set distance between two points to time, a similar set can be completed. Backyard Pool...not recommended. |
| WEEKLY TEST SET (AG) | 1 x 600 Swim for time...rest 10 seconds after each 100. At the end, subtract 50 seconds of rest from total time. | Open Water...if you can determine a set distance between two points to time, a similar set can be completed. Backyard Pool...not recommended. |

Finally – here are a few “Pool” workouts that can be used if you are looking for a little more of an extensive training session. We have done many of these in the past so they may be familiar. By seeing how “25-yard Pool” workouts were adjusted for Open Water/Home Pools in the previous sheet, you may be able to translate them to be used at a variety of facilities.

WORKOUT #1 – “MIXED BAG”

2600 yards in 60 minutes

Equipment (Fins, Kick Board)

Warm-up – 200 Free, 100 BK, 100 BR, 4x50 Fly 25 Swim/25 Kick

8 x 75 on REST 15 seconds – 25 Back/25 Breast/25 Free

4 x 50 Free on 1:10 using stroke counts under 20

4 x 100 on REST 20 seconds – 25 Sprint Free/75 Long Free (*stroke counts under 20 per lap*)

4 x 150 on REST 30 – 50 Sprint Free/100 Back at 85% effort (*use fins if they are available*)

200 Kick with a board warm-down – choice stroke

WORKOUT #2 – AEROBIC SPEED

3300 yards in 86 minutes

Equipment (Kick Board, Pull Bouy)

Warm-up – 400 Swim, 6 x 50 Breast/Free Pull, 8 x 25 Kick (sprint str fly to half)

*****Take 3 stroke counts during the 400 today*****

TEST SET – Lower Body

2 x 4 x 75 Kick on 1:45 – Free with board...record fastest and slowest 75 per round.

Recovery/Drill Set

8 x 50 on 1:00 - Freestyle holding stroke counts at “-2” per lap

MAIN SET

4 sets of { 1 x 75 Sprint from a dive on 2:00
1 x 50 Sprint on 1:00
3 x 25 Sprint on :45
1 x 100 Recovery Free swimming at 80% effort – Rest 30

ODD SETS – Non Free

EVEN SETS – Free

Use the same stroke for all of the
“Sprints” for that round.

200 Warm-Down Choice

WORKOUT #3 – AEROBIC ENDURANCE

4300 yards in 75 minutes

Equipment (Pull Buoys, Fins)

Warm-up – 200 Free, 100 BK, 100 BR, 4x50 Fly Swim-Kick

10 x 350 yards (you can also change this to 300 yards if necessary)

#1 – (6:15) Freestyle low SC - breathing towards bleachers only

#2 – (6:15) Alternate 100 Free at Stroke Count/100 Stroke

#3 – (6:15) IM – 50 fly/100 back/100 breast/100 Free

#4 – (6:15) IM – 50 fly/100 back/100 breast/100 Free

#5 – (6:15) IM – 50 fly/100 back/100 breast/100 Free

REST 2:00 (Put fins on)

#6 – (5:30) 300 Fast Swim/50 Streamline Kick

#7 – (5:30) 200 Fast Swim/150 Streamline Kick

#8 – (5:30) 100 Fast Swim/250 Streamline Kick

REST 1:00 (Take Fins Off)

#9 – (6:30) Pull breathing 3/5/7/5 by 50

#10 – (6:00) Backstroke

200 Warm-Down Choice

WORKOUT #4 – IM ENDURANCE

3650 yards in 90 minutes

Equipment (Pull Buoys, Fins)

Warm-up – 300 Free, 6 x 50 Pull Breast/Free

3 x 4 x 25 (6, 4, 8 fly kicks fast...then streamline flutter on surface)

Drill Set: 4 x (2 x 25 drill, 1 x 50 drill/swim) – 1 round each stroke

| Main Set: | <u>AG2 Top</u> | <u>AG1.5</u> | <u>AG1</u> |
|---|----------------|--------------|------------------|
| 4 x 100 (75 Free/25 Sprint Fly) on 1:50 | 2:00 | | Use AG2 Top |
| 100 Backstroke with good rotation at 80% | | | Intervals |
| 3 x 100 (75 Free/25 Sprint Fly) on 1:45 | 1:55 | | but do |
| 100 Breaststroke with low stroke count | | | 75's instead |
| 2 x 100 (75 Free/25 Sprint Fly) on 1:40 | 1:50 | | (50 Free/25 Fly) |
| 100 Backstroke with good rotation at 80% | | | |
| 1 x 100 Fly | 50 Fly | | 50 Fly |
| 100 Breaststroke with low stroke count | | | |
| 8 x 50 Free on 1:00 (odds 35 fast/15 long) (evens 35 long/15 fast) | 4 x 50 | | 6 x 50 1:15 |

KICK SET:

4 x 50 (25 “20-count” breast kick/25 “10-count” breast kick) rest 15

1 x 100 free kick for time

Cool Down:

3 x 75 Long Free with low stroke count – Rest 10

1 x 25 bucket scull

WORKOUT #5 – VARIABLE SPEED (SR/JR)

3600 yards in 85 minutes

Equipment (Kick Board)

Warm-up – 400 Swim, 6 x 50 Breast/Free Pull, 8 x 25 Kick (sprint str fly to half)

Drill Set

4 x 75 on rest 15 – 25 Left/25 Right Arm/25 Whole stroke under 16 strokes per lap.

3 x 50 Free Descend by 3 seconds to 95% on last one

MAIN SET

| | TOP | MID |
|----------------------------------|------------|--------------------|
| 6 x 150 Free Descend 1-3, 4-6 on | 2:10 | 2:30 |
| 3 x 100 Back Negative Split on | 1:30 | 1:40 |
| 3 x 100 Breast Negative Split on | 1:35 | 1:45 |
| 3 x 100 50 Free Long/50 Fly | 1:40 | 3 x 50 Fly on 1:00 |

KICK SET:

1 x { 100 free kick for time with board
 { 20 Squats – touch heels with hands

4 x { 50 → 25 Head Up Free Sprint, 25 Fly kick in streamline on back
 { 10 Push-ups
 { Rest 20-30 seconds

1 x { 20 Squats – touch heels with hands
 { 100 free kick for time with board

150 Warm-Down Choice

WORKOUT #6 – BREAST FOCUS (SR/JR)

3100 yards in 85 minutes

Equipment (Kick Board)

Warm-up – 300 Swim, 3 x 50 Breast Pull,
4x75 Wall Rules, 8 x 25 Kick (sprint 6 str fly kicks)

Drill Set

Breaststroke Drills with a partner – “catch and yank” progression
6 x 25 Breast with low stroke count (NO PULLOUTS!)

Main Set

ALPHA GROUP

3 x 50 Breast Low S.Count on 1:00
4 x 100 Breast Neg Split on 1:50
6 x 25 Breast Kick with Bouy as board :45
(*Focus on squeezing elbows – less drag*)
*****REST 2 Minutes*****
3 x 50 Back – 25 Left/25 Right on Rest 10
4 x 100 Back Neg Split on 1:50
6 x 25 Back Dot-Dot-Dash drill on Rest 10

BRAVO GROUP

8 x 25 Breast Low S.Count on Rest 15
4 x 50 Breast with great pullouts on Rest 15
6 x 25 Breast Kick with Bouy as board :45
(*Focus on squeezing elbows – less drag*)
*****REST 2 Minutes*****
8 x 25 Odds Left Arm, Evens Right on Rest 15
4 x 50 Back with great turns on Rest 15
6 x 25 Back Dot-Dot-Dash drill on Rest 10

Kick Set

6 x 50 Kick (Timed 25 Free Kick with board/25 fly kick on back at 85%) on 1:05

OR 5 x 50 Kick (Same as above) on 1:20

Team Aerobic Work and Turns

100 Warm-Down Choice

WORKOUT #6 – BREAST FOCUS (AG)

3750 yards in 85 minutes

Equipment (Pull Bouy)

Warm-up – 300 Swim, 3 x 50 Breast Pull,
4x75 Wall Rules, 8 x 25 Kick (sprint 6 str fly kicks)

Drill Set

2 x { 4 x 25 Kick with Bouy as board – SQUEEZE Elbows
{ 4 x 25 Breast Swim with low stroke count (No Pullouts, squeeze elbows)

Main Set

ALPHA GROUP

3 x 50 Breast Low S.Count on 1:10
4 x 100 Breast Neg Split on 1:50/2:00
6 x 25 Breast Kick with Bouy as board :45
(*Focus on squeezing elbows – less drag*)
*****REST 1 Minute*****
3 x 50 Back – 25 Left/25 Right on Rest 10
4 x 100 Back Neg Split on 1:50/2:00
6 x 25 Back 10-K with power arms - R10

BRAVO GROUP

8 x 25 Breast Low S.Count on Rest 15
4 x 50 Breast with great pullouts on Rest 15
6 x 25 Breast Kick with Bouy as board :45
(*Focus on squeezing elbows – less drag*)
*****REST 2 Minutes*****
8 x 25 Odds Left Arm, Evens Right on Rest 15
4 x 50 Back with great turns on Rest 15
6 x 25 Back 10-K with power arms - R10

Kick Set

6 x 50 Kick (Timed 25 Free Kick with board/25 fly kick on back at 85%) on 1:15

OR 5 x 50 Kick (Same as above) on 1:30

Team Aerobic Work – 6 x 100 free on 1:30/1:40/1:45
OR 5 x 100 on 1:55/2:05

Starts and Turns if time

100 Warm-Down Choice

WORKOUT #7 – “MIXED BAG”

3600 (3100) yards in 85 minutes

Equipment (Fins, Pull Bouy, Kick Board)

Warm-up – 400 Swim, 6 x 50 Breast/Free Pull, 8 x 25 Kick (sprint str fly to half)

Drill Set

Recapping Breast Drills from last workout.

4 x 25 Kick with Bouy as board – SQUEEZE Elbows

4 x 25 Breast Swim with low stroke count (No Pullouts, squeeze elbows)

4 x 25 Kick with Bouy as board – SQUEEZE Elbows

4 x 50 Breast Swim with low stroke count (No Pullouts, squeeze elbows)

Main Set

ALPHA GROUP

3 x 100 Back at 85% on 1:45

*****FINS ON – rest :45

4 x 100 Fins (25 Kick/50 Free/25 Kick) 1:45

6 x 50 Back at 85% on 1:00

4 x 100 Fins (25 Kick/50 Free/25 Kick) 1:45

*****FINS OFF – rest 1:00

12 x 25 Back at 85% on :45

(Back - focus on head still, rotate body)

BRAVO GROUP

2 Rounds of....

6 x 25 Back (kick to half - arms at side, then swim)

4 x 50 Back Swim on Rest 15

**** Fins ON

4 x 75 Fins (50 Free/25 Kick) on 1:15

*****REST 1 Minute – Fins OFF*****

(Back - focus on head still, rotate body)

Kick Set

6 x 50 Kick (Timed 25 Free Kick with board/25 fly kick on back at 85%) on 1:05

OR 5 x 50 Kick (Same as above) on 1:20

200 Warm-Down - choice stroke

WORKOUT #8 – “MIXED BAG”

3800 (3500) yards in 85 minutes

Equipment (Fins, Pull Bouy, Kick Board)

Warm-up – 400 Swim, 6 x 50 Breast/Free Pull, 8 x 25 Kick (sprint str fly to half)

TEST SET – Lower Body – let’s see how you’ve improved!

2 x 4 x 75 Kick on 1:45 – Free with board...record fastest and slowest 75 per round.

Breaststroke/Fly Drill Set – you pick the stroke!

4 x 25 Breast: Kick with Bouy as board – SQUEEZE Elbows

Fly: Kick with hands on top of horizontal board, face in...work hips up.

4 x 25 Swim Breast OR Fly with low stroke count (No Pullouts for breast)

4 x 25 Breast: Kick with Bouy as board – SQUEEZE Elbows

Fly: Kick with hands on top of horizontal board, face in...work hips up.

4 x 50 Swim - 2 strokes breast, 2 strokes fly (No pullouts)

Main Set

ALPHA GROUP

3 x 100 Back at 85% on 1:45

*****FINS ON – rest :45

4 x 100 Fins (25 Kick/50 Free/25 Kick) 1:45

6 x 50 Back at 95% on 1:00

4 x 100 Fins (25 Kick/75 Back) 1:45

*****FINS OFF – rest 1:00

8 x 25 Back at 85% on :45

(Back - focus on head still, rotate body)

BRAVO GROUP

2 Rounds of....

6 x 25 Back (kick to half - arms at side, then swim)

4 x 50 Back Swim on Rest 15

**** Fins ON

4 x 75 Fins (50 Free/25 Kick) on 1:15

*****REST 1 Minute – Fins OFF*****

(Back - focus on head still, rotate body)

200 Warm-Down - choice stroke

WORKOUT #9 – FLY ENDURANCE

6300 yards in 140 minutes

Equipment (Pull Buoys, kickboard)

Warm-up – 400 Swim, 4 x 75 Pull, 4 x 100 IM, 6 x 25 Sprint Kick

TEST SET – Lower Body

2 x 4 x 75 Kick on 1:40 – Free with board...record fastest and slowest 75 per round.

Butterfly Drills – Vertical Pulls then 8 x 25 drills – “breathe with shoulders”

Drill Set: 3 x (2 x 25 drill, 1 x 50 drill/swim) – 1 round each stroke (Bk/Br/Fr)

Main Set:

| | <u>“A”</u> | <u>“B”</u> | <u>“C”</u> |
|------|--|-------------|------------------|
| 2X { | 4 x 100 (75 Free/25 Sprint Fly) on 1:40 | 1:50 | Use “A” |
| | 100 Backstroke with good rotation at 80% | | Intervals |
| | 3 x 100 (75 Free/25 Sprint Fly) on 1:35 | 1:45 | but do |
| | 100 Breaststroke with low stroke count | | 75’s instead |
| | 2 x 100 (75 Free/25 Sprint Fly) on 1:30 | 1:40 | (50 Free/25 Fly) |
| | 100 Backstroke with good rotation at 80% | | |
| | 1 x 100 Fly – REST 15 | 50 Fly | 50 Fly |
| | 100 Breaststroke with low stroke count | | |
| | REST 1:30 | | |

SPEED Set (Major Stroke or FREE from the blocks):

2 x { 6 x 50 on 1:10 (30 fast-timed/20 long) OR 5 x 50 1:20
 {REST 1:30 - easy 50

Cool Down:

3 x { 75 Long Free with low stroke count – Rest 10
 { 25 bucket scull

WORKOUT #10 – SPEED AND POWER

5450 yards in 120 minutes

Equipment: Pull Buoys, Fins(Backstrokers), Chutes (Breast)

Warm-up – 300 Swim, 3 x 100 IM, 4x75 Pull Free, 6 x 25 Sprint Kick

SPEED Set (#1 - Major Stroke, #2 – FREE):

2 x { 6 x 50 from blocks on 1:20 (30 fast-timed/20 long)

{REST 1:30 - easy 50

| | <u>A</u> | <u>B</u> | <u>C</u> |
|-------------------------|--------------------------------------|------------------------|------------------------|
| Freestyle Recovery Set: | 4 x 75 Free 1:05 4 x 50 Kick 1:05 | 4x75 1:10 3x50 1:10 | 4x75 1:15 3x50 1:10 |

Fly Set: 8 x 25 drills – Focus: “breathe with shoulders”

4 x { 50 Fly Fast, 25 EZ on 1:30

{ 3x25 Fly Fast on :35

{ Rest 30

OR

20 x 25 Fly on :45

(*Full, Full, 6-str, 4-str*)

| | <u>A</u> | <u>B</u> | <u>C</u> |
|-------------------------|--------------------------------------|------------------------|------------------------|
| Freestyle Recovery Set: | 4 x 75 Free 1:05 4 x 50 Kick 1:05 | 4x75 1:10 3x50 1:10 | 4x75 1:15 3x50 1:10 |

BACKSTROKE GROUP

4x100 BK on 1:30 OR 3x100 BK on 1:45

*****FINS ON – rest :45

6 x 50 Back at 100% on :50

4 x 100 Fins (25 Kick/50 Back/25 Kick) 1:45

*****FINS OFF – rest 1:00

4x100 BK on 1:30 OR 3x100 BK on 1:45

(*Back - focus on head still, rotate body*)

BREASTSTROKE GROUP

150 Kick with bouy as board

4x25 Swim Low SC (No Pullouts)

2X { 4 x 25 with Chutes on :45
3 x 50 FAST on 1:05
250(200) Breast Swim w/ flip-turns
on 4:00

(*Focus on shoulders forward, drive hands,
find and ride your breaststroke line*)

| | <u>A</u> | <u>B</u> | <u>C</u> |
|-------------------------|--------------------------------------|------------------------|------------------------|
| Freestyle Recovery Set: | 4 x 75 Free 1:05 4 x 50 Kick 1:05 | 4x75 1:10 3x50 1:10 | 4x75 1:15 3x50 1:10 |

WORKOUT #15 – TAPER PREPARATION

4600(4100) yards in 115 minutes

Equipment: Pull Buoys, Kick boards

Warm-up – 300 Swim, 3 x 100 IM, 4x75 Pull Breast-Free, 6 x 25 Sprint Kick

OPEN TURN WORK: Timed “hands to feet leaving” – Goal: 1.30 seconds

SPEED Set: 2 x 3 x 50 from blocks on 1:45 (30 fast-timed/20 long)
(SET #1 – Stroke. SET #2 – Freestyle)

Personal Drill Time 12 x 25 Drill Progression

Main Set (2 Rounds – ALL SAME MAJOR STROKE):

4 x 75 on 1:30 – Breaststroke (1-2-3 Pullouts), Back/Free (6-8-10 Fly Kicks)
REST 30 off walls

4 x 50 on 1:05 (OR 1:10) Kick
REST 60

1 x 200 on 4:00 (Broken 75-50-50-25 with 10 second breaks)

Mid-Distance GROUP

“A” – Group...3 ROUNDS

1 x 200 Free on 2:40

3 x 100 Free Descend on 1:20

50 E-Z on 1:20

“B” – Group...3 ROUNDS

1 x 150 Free on 2:10

3 x 100 Free Descend on 1:30

50 E-Z on 1:20

Fri/Sat Silvers GROUP

3 x 100 IM on 1:40/1:50

(Focus on Fast Transition Turns)

REST 30

3 x 100 Free on 1:20/1:30

REST 30

4 x 100 Free Pull 1:30/1:40

WARM-DOWN: 4 x 50 Breast at low Stroke Count – R15

(Focus on shoulders forward, drive hands, find and ride your breaststroke line)