

Ready, Set - **GOAL!**

BEGINNER SWIMMING PROGRAM

Welcome to Ready, Set, Goal- Swim.

Ready Set Goal is a four month physical activity training tool for beginner, intermediate and advanced level participants. Ready, Set, Goal Swim was designed to help you take your fitness ability to the next level, or perhaps train for a swimming event.

There are three different swim training tools to choose from:

Start it up - Is a training tool for beginner swimmers. New swimmers will slowly work themselves up to swimming a mile.

Step it up - Is a training tool for those who want to take their swimming program to the next level. Swimmers will swim approximately 2000 yards a workout.

Keep it up - Is a training tool for those who want to maintain their swimmer fitness level and perhaps want some different ideas in keeping their workout interesting. Swimmers will swim approximately 3000 yards a workout.

What will you need for your swim workouts:

Swimsuit - Make sure to rinse out your swimsuit after every workout to prevent the chlorine from wearing through your suit.

Goggles - Barracuda goggles are a little more expensive, but great if you don't want to have goggle eyes for the rest of the day.

Kickboard and Pulley- Most pools have access to kickboards and pulleys, but check it out.

Flippers - Are optional but are tons of fun to use during a portion of your workout.

A clock - Some workouts include keeping a track of the time you rest between sets.

Each swim workout will include:

A Warm-Up - Swim at a slower rate to slowly increase heart rate.

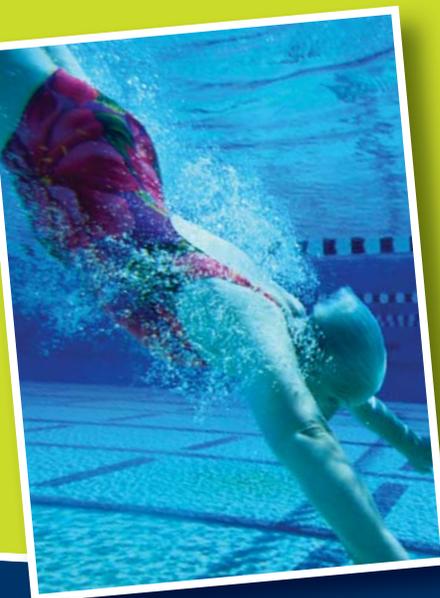
Workout Body - The body of the workout will include: drills, kicking, pulling, technique, and speed training.

Swim-down - Swim at a slower rate to slowly decrease heart rate.

Stretch - Make sure to stretch the muscle groups you used in your workout. With swimming, this means most major muscle groups.

A few tips:

- Stop your workouts if you are feeling major discomfort or fatigue.
- After the descriptions in some workouts, you may see (:30.) That number refers to how much rest you get after each swim. For example, 6 x 100 on :30 means you are to swim 100 yards, rest 30 seconds, then repeat five more times for a total of 6 x 100 swims.



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- DPS refers to distance per stroke which means maximizing your efficiency and finding the correct rhythm for yourself. With free and back, emphasize a long body line, hip and shoulder rotation, minimizing resistance. With breast and fly, keep the body line long in the front of your stroke. Steady the rhythm, and swim in the front quadrant of all strokes.
- You get to be a better swimmer by recovering from the workouts you do, not by doing more and more swimming without resting and recovering from that swimming.
- Have fun with the workouts.

Technique and Drills

Swimming drills are specific movements, done repetitively to help with your stroke technique. They can help you get more efficient and they can help you become a faster swimmer. Listed below are some basic technique tips and drills that you can try in some of your workouts.

FREESTYLE

You spend most of your time on your edge or side, not your belly.

Bilateral breathing - Try to take breaths on alternate sides to help promote this good body roll.

Freestyle Drills

Catch-up is used to isolate one arm, and practice a long stroke and body position. In freestyle or fly one arm is stationary, always extended forward (front arm) pointing toward the destination, while the other arm performs the stroke (working arm). You can use a board in catch-up where your front arm is holding a kick board. As the arm trade places, they hand off the board to each other.

Fingertip drag is used to promote a high elbow recovery and to make you aware of your hand position during recovery. Swum like regular freestyle, except your fingertips never leave the water as your arm moves forward during the stroke recovery. You drag your fingers through the water, slightly off to the side of your body, focusing on body roll and keeping your elbows pointed up.

BREASTSTROKE

The breast stroke involves the forward movement of arms and the legs. The sweeping action of arms includes the following three movements.

Outsweep - The outsweep starts with the swimmer's palms facing each other and placed near the chest. The hands are then outstretched with the palms still facing each other; which resembles an arrow. The hands are now stretched to their full length. The sweeping action starts with the palms rotating along the wrists to face away from each. The hands part away from each other to sweep the water without bending the elbows. Until the outsweep is completed the hands remain parallel to the surface.

InswEEP - During the insweep the water is pushed backwards. For this to happen, the hands need to point downwards and push the water. The hands that were in a horizontal plane during the outsweep align themselves in a vertical plane. At the end of the sweep, the palms come back to the position of facing each other in front of the chest.



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Recovery - In the final phase, the hands come back to the original position and again with the palms facing each other.

Legs - The leg kick as a whole should be a simultaneous and flowing action, providing the majority of the propulsion. Knees bend as the heels are drawn up towards the seat and toes are turned out ready for the heels and soles of the feet to drive the water backwards. The legs sweep outwards and downwards in a flowing circular path, accelerating as they kick and return together and straight, providing a streamlined position.

Breaststroke Drills

Two-Count Glide Drill - Hold the streamlined (stretched) position of the stroke for a full count of two (one alligator-two alligator). Keep your head down and neck straight. In the breaststroke, be sure not to stop your hands under your body, but only in the extended position. Then, start the pull slowly, pitching the hands outward until they are shoulder width apart, and then accelerate your hands through the power phase (the in sweep), continuing all the way through to the recovery. It's a good idea to combine this drill with double underwater pull-outs to increase the feel of gliding in the streamline position.

Two-Kick / One-Pull Drill - Hold the streamline for a second kick in each stroke. While doing the second kick, allow your hands to separate slowly to press your head and chest lower in the water. Keep your chin down, and look down at the bottom of the pool. This will prepare you for a more powerful in-sweep and recovery.

BACKSTROKE

The supine body position for backstroke is flat and horizontal, with ears slightly below the water surface. The arm should be straight and as inline with the shoulder as possible. Hand should be turned with palm facing outwards and little finger entering the water first. Legs should be stretched out with toes pointed (plantar flexed), and ankles should be relaxed and loose with toes pointing slightly inwards.

Propulsive phase - The arm sweeps through the water in a semi-circle, pulling with force just under the water surface, pulling to the outside of the thigh.

Recovery - The thumb or the back of the hand should exit the water first. The shoulders roll again with the shoulder of the recovering arm rolling upwards. The arm rotates through 180 degrees over the shoulder. The palm is turned outwards during recovery to ensure that the hand enters the water little finger first.

Backstroke Drills

Single Arm (R, L) Drill - Single arm backstroke is always done with the opposite (nonworking) arm at your side. Allow the opposite arm to be completely relaxed, and do a half-recovery if it feels natural. Concentrate on full hip and shoulder rotation and great body position.

Rhythm Drill - Single arm backstroke alternating 2 right arms and 2 left arms. Do a half recovery with the non-stroking arm. Focus on rhythm (early hips) and body position.



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BUTTERFLY "FLY"

Body Position - Although undulation is unavoidable, the body position should be kept as horizontal as possible to keep frontal resistance to a minimum. Intermittent or alternative breathing will help to maintain this required body position. The body should be face down (prone) with the crown of the head leading the action. The shoulders should remain level throughout and the head should remain central and still, looking down until breathing is required.

Kick - The timing and coordination of the stroke is usually a two beat cycle of leg kicks to one arm cycle. The upbeat of the kick should come from the hip and the ankles should be relaxed with toes pointed. The legs move upwards without bending at the knees and the soles of the feet press against the water vertically and backwards. Knees bend and then straighten on the downbeat to provide propulsion. The legs should accelerate to provide power on the downbeat.

Entry - The entry of the hands into the water should be finger tips first, leading with the thumb. Fingers should be together with palms flat and facing outwards. Arms should be stretched forward with a slightly bent elbow. Entry should be with arms extended inline with the shoulders.

Catch and down sweep - The pitch of the hands changes to a deeper angle with hands almost vertical. The catch and down sweep should begin just outside the shoulder line. Palms remain facing in the direction of travel. The elbow should bend to about 90 degrees to provide the extra power required. The hands sweep in a circular movement similar to breaststroke, but in a downwards path.

Upsweep - The pitch of the hands changes to face out and upwards towards the water surface. Elbows extend fully to straighten the arms and hands towards the thighs.

Recovery - Hands and arms must clear the water on recovery. Arms and hands should exit the water little finger facing upwards. Arms must clear the surface as they are 'thrown' over and forwards. Palms remain facing outwards, naturally giving a thumb-first entry.

Butterfly Drills

Single Arm Fly Drills - This drill traditionally has been performed with one arm extended and one arm stroking. Focus on the kick timing of "kick your hands into the water" and "kick your hands out of the water". Accelerate the pull, and snap the hands through the finish and into the recovery. For the recovery portion of the stroke, you can do one of three drill options:

Thumb-Tip Drag - Bend your elbow and keep it high. With your palm facing behind you towards your feet, stick your thumb down and draft is along the surface of the water. This drill helps keep your hands and elbows in the proper position at the hand entry.

Super-Dolphin - Over-emphasize the "dolphins" undulation of the stroke. During the recovery, reach up straight to the sky with your arm, and look up at your hand, Drive your upper body upwards as high as possible, and then dive forward as your hand enters out front, driving your hips upward. Feel the rhythm of the arms with the kick.



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Beginner Swimming Log



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<p>Swim *Any 2 days of week skipping a day in between workouts (ie. Tuesday, Thursday)</p> <p>Resistance Train *Any 2 days of week skipping a day in between workouts</p>	Rest	<p>Swim Workout 1 Warm-up - Walk/jog in pool for 3 - 5 minutes</p> <p>Swim - 10-15 minutes, Any stroke at all disregarding technique. When you tire switch to another stoke without stopping. If you do stop, keep the rest short until you are breathing somewhat more easily. (keep track of how many lengths you completed)</p> <p>Swim down - Kick with board 50</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 2 Warm-up - Walk/jog in pool for 3-5 minutes Swim - 10-20 minutes, Any stroke at all disregarding technique. When you tire switch to another stoke without stopping. If you do stop, keep the rest short until you are breathing somewhat more easily. (try to increase the number of lengths from the 1st day, even by 1)</p> <p>Swim down - Kick with board 50</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest
Week 2	<p>Follow Swimming Resistance Training Program</p> <p>Stretch After workout. Follow Swim Flexibility Training Program</p>	Rest	<p>Swim Workout 3 Warm-up - 50 any stroke</p> <p>Swim - Any stroke 2 x 100 (12 breaths between) 2 x 50 (10 breaths between)</p> <p>Swim down - Kick with board 2x25</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 4 Warm-up - 50 any stroke</p> <p>Swim - Any stroke 2 x 100 (12 breaths between) 2 x 50 (10 breaths between)</p> <p>Swim down - Kick with board 2x25</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest
Week 3		Rest	<p>Swim Workout 5 Warm-up - 100 any stroke</p> <p>Swim - Any stroke 2 x 100 (12 breaths between) 2 x 75 (10 breaths between)</p> <p>Swim down - Kick with board 2x25</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 6 Warm-up - 100 any stroke</p> <p>Swim - Any stroke 3 x 100 (12 breaths between) 3 x 75 (10 breaths between)</p> <p>Swim down - Kick with board 3x25</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest

My Goals:
 Swim 2 days a week
 Moving from 0 - 1750 yards in 4 months
 1760 yards = 1 mile
 70.4 lengths in one mile for 25 yard pool

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4	Swim *Any 2 days of week skipping a day in between workouts (ie. Tuesday, Thursday) Resistance Train *Any 2 days of week skipping a day in between workouts	Rest	Swim Workout 6 Warm-up - 100 any stroke Swim - Any stroke 2 x 100 (12 breaths between) 3 x 75 (10 breaths between) Swim down - Kick with board 3x25 Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Swim Workout 7 Warm-up - 100 any stroke Swim - Any stroke 2 x 100 (12 breaths between) 3 x 75 (10 breaths between) Swim down - Kick with board 3x25 Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Rest
Week 5	Follow Swimming Resistance Training Program Stretch After workout. Follow Swim Flexibility Training Program	Rest	Swim Workout 8 Warm-up - 100 any stroke Swim - Free 3x100 (rest 12 breaths between 100's) 4x50 (rest for 8 breaths between 50's) Swim down - Kick with board 4x25 Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Swim Workout 9 Warm-up - 100 any stroke Swim - Free 3x100 (rest 12 breaths between 100's) 4x50 (rest for 8 breaths between 50's) Swim down - Kick with board 4x25 Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Rest
Week 6		Rest	Swim Workout 10 Warm-up - 200 yards (rest for 12 breaths between 100's) Swim - Free 3 x 100 yards (rest for 10 breaths) 4 x 50 (rest for 6 breaths) Swim down - 4x25 (rest for 4 breaths) Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Swim Workout 11 Warm-up - 200 yards (rest for 12 breaths between 100's) Swim - Free 3 x 100 yards (rest for 10 breaths) 4 x 50 (rest for 6 breaths) Swim down - 4x25 (rest for 4 breaths) Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Rest

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 7	<p>Swim *Any 2 days of week skipping a day in between workouts (ie. Tuesday, Thursday)</p> <p>Resistance Train *Any 2 days of week skipping a day in between workouts</p>	Rest	<p>Swim Workout 12 Warm-up - 200 yards (rest for 12 breaths between 100's)</p> <p>Swim - Free 2x100 yards (rest for 10 breaths) Breast 2 x 100 yards (rest for 10 breaths) Back 4 x 50 (rest for 6 breaths)</p> <p>Swim down - Free 4 x 25 (rest for 4 breaths)</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 13 Warm-up - 200 yards (rest for 12 breaths between 100's)</p> <p>Swim - Free 2x100 yards (rest for 10 breaths) Breast 2 x 100 yards (rest for 10 breaths) Back 4 x 50 (rest for 6 breaths)</p> <p>Swim down - Free 4 x 25 (rest for 4 breaths)</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest
Week 8	<p>Follow Swimming Resistance Training Program</p> <p>Stretch After workout. Follow Swim Flexibility Training Program</p>	Rest	<p>Swim Workout 14 Warm-up - Free 200 yards</p> <p>Swim - Free 4 x 100 (15 sec. rest) 3 x 75 (10 sec. rest) 2 x 50</p> <p>Swim down - Free 3 x 25</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 15 Warm-up - 200 yards (rest for 12 breaths between 100's)</p> <p>Swim - Free 200 yards (rest for 10 breaths) Choice Stroke 4 x 100 yards (rest for 8 breaths)</p> <p>Swim down - Free 4 x 50 (rest for 4 breaths)</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest
Week 9		Rest	<p>Swim Workout 16 Warm-up - 200 yards (rest for 12 breaths between 100's)</p> <p>Swim - Free 300 yards (rest for 10 breaths) Back 1x100 yards, Breast 1x100 yds Free 2x100 yards (rest for 8 breaths)</p> <p>Swim down - Free 4 x 50 (rest for 4 breaths)</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 17 Warm-up - 200 yards (rest for 12 breaths between 100's)</p> <p>Swim - Free 300 yards (rest for 10 breaths) Back 1x100 yards, Breast 1x100 yds Free 2x100 yards (rest for 8 breaths)</p> <p>Swim down - Free 4 x 50 (rest for 4 breaths)</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 10	Swim *Any 2 days of week skipping a day in between workouts (ie. Tuesday, Thursday) Resistance Train *Any 2 days of week skipping a day in between workouts	Rest	Swim Workout 18 Warm-up - 200 yards (rest for 12 breaths between 100's) Swim - Free 200 yards (rest for 10 breaths) Choice Stroke 4 x 100 yards (rest for 8 breaths) Swim down - Free 8 x 50 Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Swim Workout 19 Warm-up - Free 200 yards Swim - Free 4 x 100 (15 sec. rest) 3 x 75 (10 sec. rest) 2 x 50 Swim down - Free 8 x 50 Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Rest
Week 11	Follow Swimming Resistance Training Program Stretch After workout. Follow Swim Flexibility Training Program	Rest	Swim Workout 20 Warm-up - Free 200 yards Swim - Free 600 yards non-stop Breaststroke 6 x 50 Swim down - Kick 200 Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Swim Workout 21 Warm-up - Free 200 yards Swim - Free 600 yards non-stop Breaststroke 6 x 50 Swim down - Kick 200 Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Rest
Week 12		Rest	Swim Workout 22 Warm-up - Free 200 yards Swim - Free 800 non-stop Swim down - Free 200 Kick 200 Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Swim Workout 23 Warm-up - Free 200 yards Swim - Free 800 non-stop Swim down - Free 200 Kick 200 Stretch	Resistance Train Resistance train using Resistance Training Program Stretch	Rest

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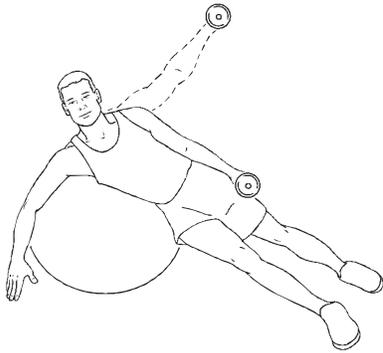
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 13	<p>Swim *Any 2 days of week skipping a day in between workouts (ie. Tuesday, Thursday)</p> <p>Resistance Train *Any 2 days of week skipping a day in between workouts</p>	Rest	<p>Swim Workout 24 Warm-up - 200</p> <p>Fly - Fly kick with board 100, Fly kick with board add one arm catch- up, 100</p> <p>Free - #1 pay attention to first part of pull, #2 think of elbow pushing middle of pull, #3 push hard at end of pull, 4 x 150</p> <p>Backstroke - 5 x 50</p> <p>Breaststroke - 5 x 50</p> <p>Swim-down - Free 4 x 50</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 25 Warm-up - 200</p> <p>Free - 800 (non-stop) Free (all out) 5 x 25</p> <p>Swim-down - Pull or kick 8 x 50</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest
Week 14	<p>Follow Swimming Resistance Training Program</p> <p>Stretch After workout. Follow Swim Flexibility Training Program</p>	Rest	<p>Swim Workout 26 Warm-up - 200</p> <p>IM - 4 x 100 (if you can't swim fly do what you can, ie. kick board or one arm)</p> <p>Free - 250 (easy pull with pull buoy)</p> <p>IM - 2 x 75 (do what you can for fly)</p> <p>Free kick - 100</p> <p>IM - 4 x 50</p> <p>Free - 50 (catch-up)</p> <p>IM - 2 x 25 (swim very hard)</p> <p>Swim-down - Free 100, Kick 100</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 27 Warm-up - 200</p> <p>Choice or all free Pyramid</p> <p>4 x 25</p> <p>3 x 50</p> <p>2 x 100</p> <p>1 x 200</p> <p>2 x 150</p> <p>3 x 100</p> <p>4 x 50</p> <p>Swim-down - Free 100, Kick 200</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest
Week 15		Rest	<p>Swim Workout 28 Warm-up - 100 (bilateral breathing)</p> <p>Free + Choice</p> <p>Kick - 200, 4 x 25 (15 sec. rest)</p> <p>Pull 200 4 x 50 (on :75)</p> <p>Swim 200 4 x 75 (on :75)</p> <p>IM - Drills 100, Swim 100, Kick 100</p> <p>Swim down - 100</p> <p>Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 29 Warm-up - Reverse IM 200</p> <p>Freestyle - Swim descend 5 sec. per. Swim 3 x 200</p> <p>Backstroke - Drill 100</p> <p>Swim 100 4 x 25 on: 45</p> <p>Freestyle - Kick 200</p> <p>IM - Pull 100, Swim 100</p> <p>Kick (no board) 100</p> <p>Swim-down - Free 100</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest

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Week 16	<p>Swim *Any 2 days of week skipping a day in between workouts (ie. Tuesday, Thursday)</p> <p>Resistance Train *Any 2 days of week skipping a day in between workouts</p>	Rest	<p>Swim Workout 30 Warm-up - Reverse IM 100 Free + Choice - Free: count strokes 200 Choice (not free): 4 x 100 Free: Fewer strokes 300 2nd choice: (not free) Free: Fewer strokes 6 x 50 3rd choice: (not free) 6 x 25 Kick - Choice 6 x 25 Swim-down - Choice 100 Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 31 Warm-up - Swim Choice 100 Pull Free 100, Kick Free 100 Free odd#'s, Choice even #'s - 20 x 50, 15 sec. rest between 50's IM - Kick 100, Pull 100, Swim 100 Swim-down - Choice 100 Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest
Week 17	<p>Follow Swimming Resistance Training Program</p> <p>Stretch After workout. Follow Swim Flexibility Training Program</p>	Rest	<p>Swim Workout 32 Warm-up - Free 100 Kick (no board) 50 Free - 2 x 50 on :60, 2 x 100 on 2", 2 x 150 on 3", 1 x 200, 2 x 150 on 3" 2 x 100 on 2", 2 x 50 on :60 IM - 4 x 50, #1 25 Fly, 25 Bk #2 25 Bk, 25 Br, #3 25 Br, 25 Fr #4 25 Fr, 25 Fr Swim-down - Pull Choice 100 Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 33 Warm-up - Choice 100 Freestyle - 15 x 50, 3 on 60, 3 on 55, 3 on 50, 3 on 55, 3 on 60 Choice - Kick 100 IM - Swim any order 200 Pull continuous 2 x 100 Worst stroke 10 x 25 IM - Swim hard 100 Swim-down - Choice pull 100 Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest
Week 18		Rest	<p>Swim Workout 34 Warm Up - Pull 100</p> <p>Free - 4 (4 x 100) Swim first one comfortably #2 3 sec. faster, #3 3 sec. faster #4 3 sec. faster, Rest almost a minute before repeating.</p> <p>Swim-down - IM with board 100 Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	<p>Swim Workout 35 Warm Up - Swim 100 Free + Choice - Free 300 1st Choice 4 x 100, Free 200 2nd Choice 4 x 75, Free 100 3rd Choice 4 x 50, Free 50 4th Choice 4 x 25 Kick - Free (silent underwater kick) Choice 2 x 25 Swim-down - Pull choice 100 Stretch</p>	<p>Resistance Train</p> <p>Resistance train using Resistance Training Program</p> <p>Stretch</p>	Rest

SWIMMING STRENGTH TRAINING

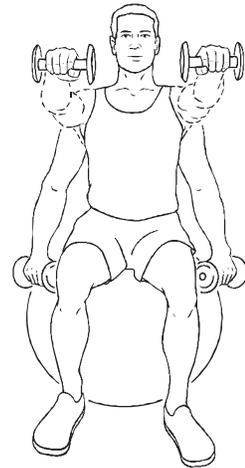
SHOULDER - 11 Raise: Side-Lying



With trunk supported, raise dumbbell toward ceiling.
Do 2-3 sets. Complete 10-15 repetitions.

Repeat on both sides.

SHOULDER - 14 Raise: Front (Dumbbell)



Back straight, raise dumbbell forward.

Do 2-3 sets.
Complete 10-15 repetitions.

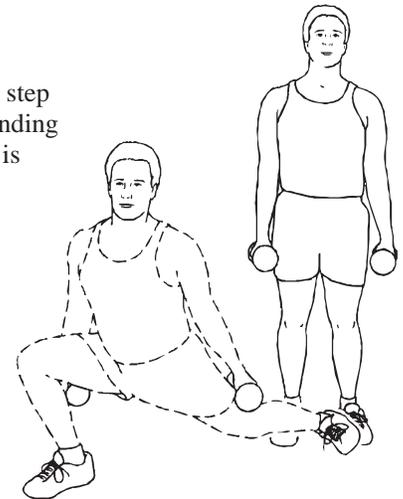
SHOULDERS - 2 Press: Sitting (Dumbbell)



Palms in, press to straight arms, rotating to palms forward at end of movement.

Do 2-3 sets.
Complete 10-15 repetitions.

LEGS: GLUTES / THIGHS - 15 Lunge: Side (Dumbbell)



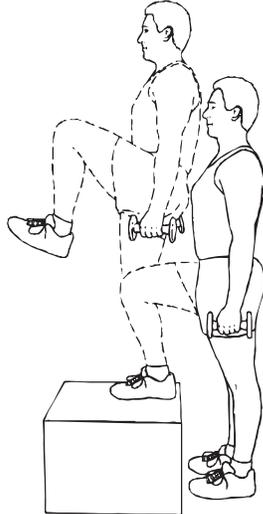
Head up, back straight, step forward and to side, bending forward leg until thigh is parallel with floor. Alternate legs.

Do 2-3 sets.
Complete 10-15 repetitions.

SWIMMING STRENGTH TRAINING

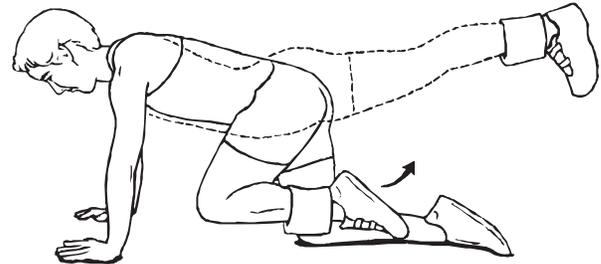
LEGS: GLUTES / THIGHS - 17 Step-Up (Dumbbell)

Head up, back straight, step up on box, bringing other leg up toward chest. Alternate step-up leg.



Do 2-3 sets.
Complete 10-15 repetitions.

LEGS: GLUTES / THIGHS - 1 Kick Back

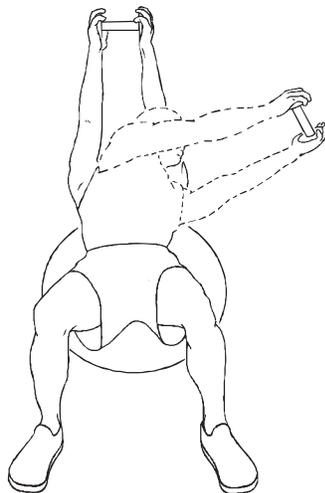


Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.

Do 2-3 sets. Complete 10-15 repetitions.

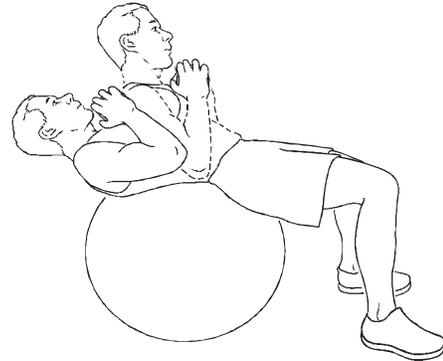
ABS - 11 Twist: Supine (Dumbbell)

Bridge trunk, head, neck and shoulders supported, arms extended over head holding dumbbell. Rotate trunk to the right, keeping arms extended. Repeat to other side.



Do 2-3 sets.
Complete 10-15 repetitions.

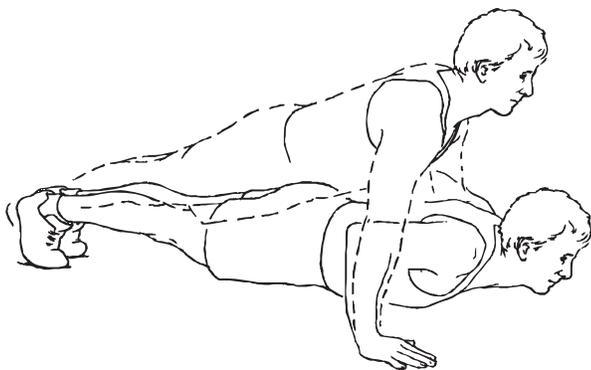
ABS - 1 Crunch (Dumbbell)



Hold dumbbell on upper chest, low back supported. Tighten abdominals by bringing ribs toward pelvis until shoulders clear ball. Do 2-3 sets. Complete 10-15 repetitions.

SWIMMING STRENGTH TRAINING

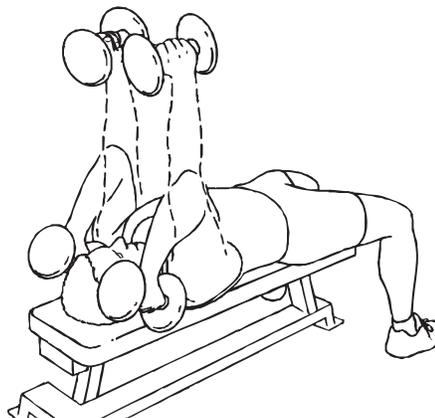
CHEST - 10 Push-Up: Wide Hands



Chest a few inches from floor, push up until arms are straight.

Do 2-3 sets. Complete 10-15 repetitions.

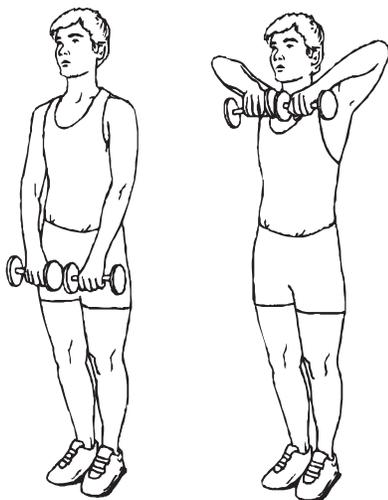
ARMS: TRICEPS - 8 Extension: Lying (Dumbbell)



Straighten arms, keeping upper arms perpendicular to floor.

Do 2-3 sets. Complete 10-15 repetitions.

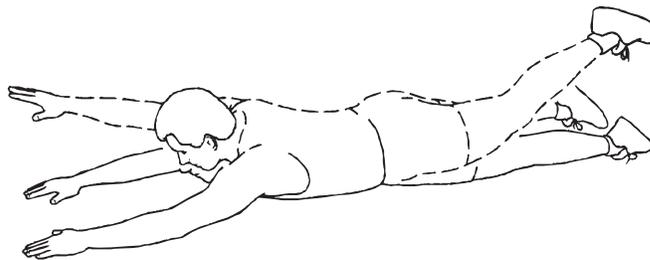
BACK: TRAPS - 1 Row: Upright (Dumbbell)



Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.

Do 2-3 sets.
Complete 10-15 repetitions.

BACK: LOW - 1 Leg / Arm Lift: Alternating

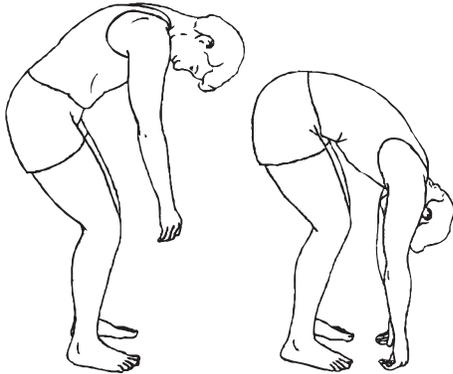


Arms and legs as straight as possible, raise opposite arm and leg. Alternate sides.

Do 2-3 sets. Complete 10-15 repetitions.

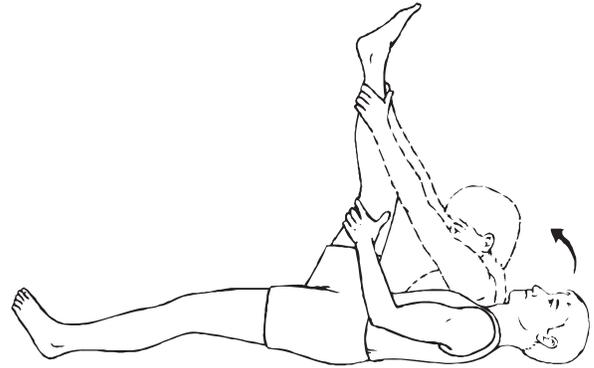
STRETCHING EXERCISES

HAMSTRINGS - Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold for at least 15 seconds. Bend knees further to return to standing position.

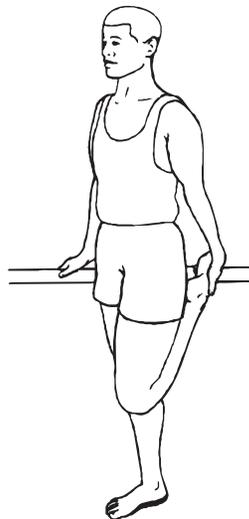
HAMSTRINGS - Leg Raise



With hand behind hamstring, but not knee, gently pull leg forward until stretch is felt. Hold at least 15 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

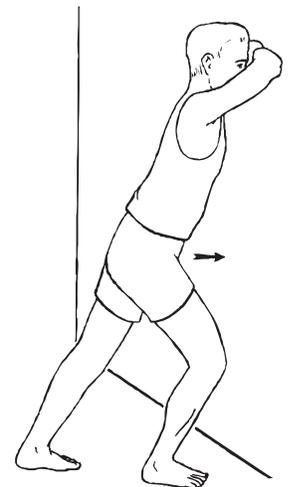
UPPER LEG - Quadriceps

Pull heel toward buttocks and push the same side hip forward until stretch is felt in front of thigh. Hold at least 15 seconds. Repeat with other heel.



LOWER LEG - Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Hold at least 15 seconds. Repeat with other leg.



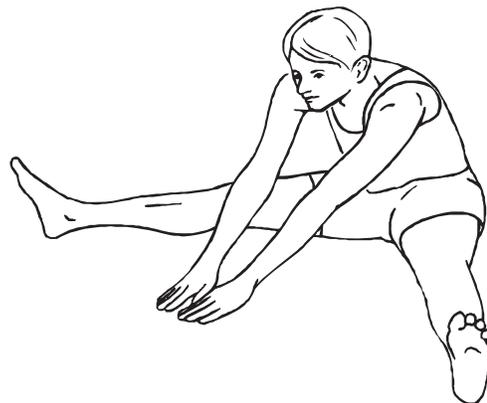
STRETCHING EXERCISES

GROIN - Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt. Hold at least 15 seconds.



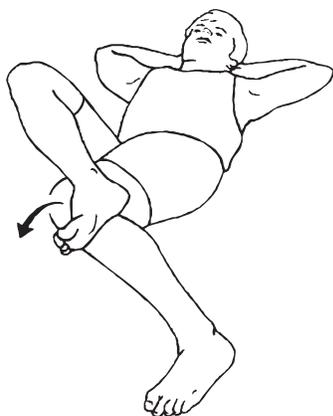
GROIN - Thigh Adductors



With legs apart, slide hands forward until stretch is felt. Hold at least 15 seconds.

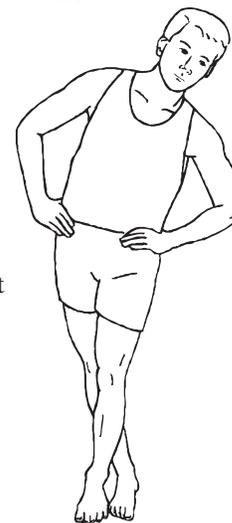
HIP OBLIQUE - External Rotators

Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold at least 15 seconds. Repeat with left leg over right.



HIP OBLIQUE - Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold at least 15 seconds. Repeat to other side, with right leg over left.



STRETCHING EXERCISES

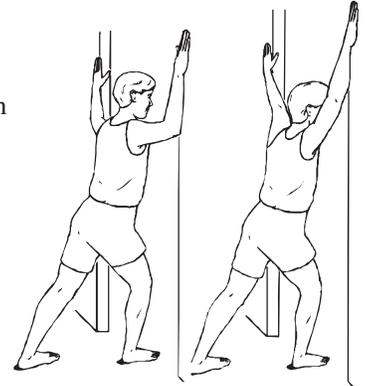
ABDOMEN - Abdominals (Mild)

With hands in small of back, arch back until stretch is felt. Hold at least 15 seconds.

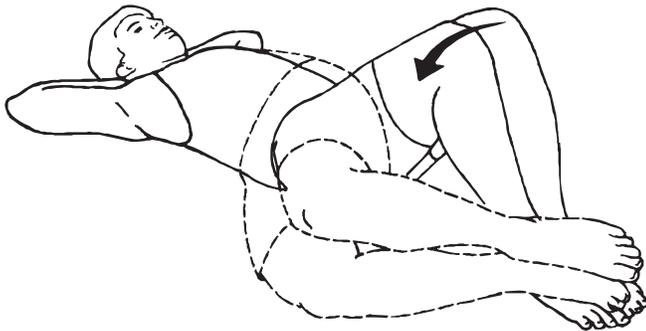


CHEST - Pectorals

With arms forming a T, lean forward until stretch is felt. Hold at least 15 seconds. Slide arms up to form a V and repeat the stretch.

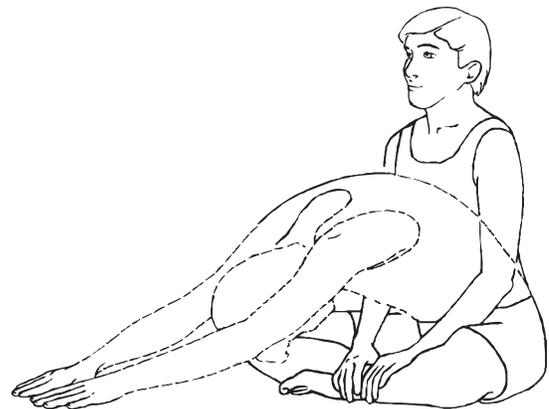


LOWER BACK - Lumbar Rotators



Keeping back flat and feet together, rotate knees to one side. Hold at least 15 seconds. Repeat to other side.

LOWER BACK - Mid and Lower Extensors

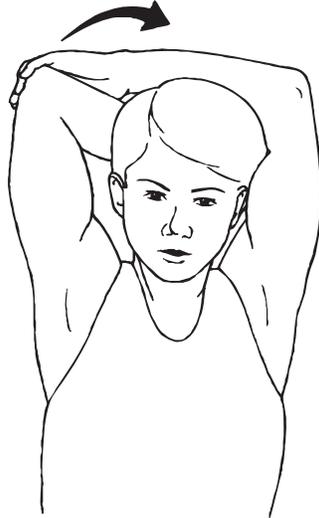


With legs crossed, lean forward until stretch is felt. Reach forward with arms. To return, put forearms on knees and push. Hold at least 15 seconds.

STRETCHING EXERCISES

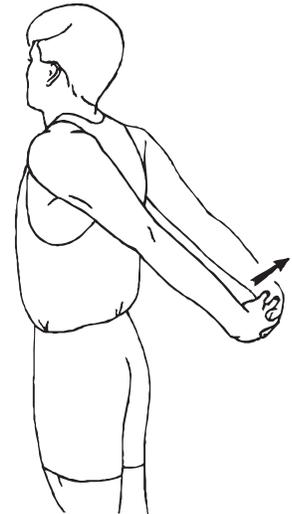
ARMS - Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold at least 15 seconds.



ARMS - Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold at least 15 seconds.



SHOULDERS - Rotator Cuff

Pull right arm down with left hand until stretch is felt. Hold at least 15 seconds. Repeat with other side.

